

# ASK YOURSELF: Is That What I want?

**Instructions:** Read through and answer

	YES	NO	SOMETIMES
1.			
2.			
3.			
4.			
5.			
6.			
7.			
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24.			
25.			

I am a happy person.

I find something each day that makes my day happy.

I accept myself as I am.

I accept others as they are.

I love people and people love me.

I am enjoyable to be around.

I am dependable.

I am on time (even early) doing what I need to do.

I appreciate my great mind.

I am smart.

I memorize easily.

I eat only when I am hungry.

I like the weight I am at present.

I am a good looking person.

I am a good speaker.

I live the basic 10 Commandments-I am honest, virtuous and I live a TRUE CHRISTIAN life. I am a peaceful person.

I am patient with myself and others.

I enjoy the law of abundance in my life. for I am able to plan for and buy what I need.

I praise other people daily.

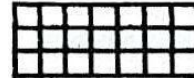
I praise myself daily.

I love life!

I learn something new each day.

I seek and get inspiration each time I need a solution.

I forgive myself and others each day



## MY "I AM" CHART

21 DAYS

THOUGHT: Believe in yourself, spend time with the person you want to be and you WILL become that person. "As a man thinketh in his heart, so is he."

1. I am HAPPY.
2. This is a HAPPY DAY!
3. I accept myself, my husband, my family-children and relatives as they are.
4. I love people, people love me.
5. I am a "SPARKLE" at home or wherever I am.
6. I am dependable,
7. I am on time (even early) doing what I need to do.
8. My great Subconscious mind-computer, works efficiently for me and I appreciate this great tool I possess.
9. I am smart. I have an ever increasing ability to remember and to memorize information; it comes forth when I request it.
10. I eat only when I am hungry.
11. I now instruct my body to reach my desired weight of \_\_\_\_\_, for I am thin!
12. I am healthy-my body naturally desires fresh natural foods, such as fresh fruits, vegetables, nuts and grains.
13. I direct my body to reject foods with an excess amount of white sugar, white flour, processed foods and too much meats.
14. I am beautiful, graceful and articulate in speech.
15. I am a motivational speaker.
16. I live all of the basic 10 Commandments-I am honest, virtuous, and I live a TRUE Christian life.
17. I am a peaceful person, I bring peace to my home.
18. I am patient with myself and others.
19. The law of the Lord is abundance-I am thankful for the abundance we have and am open for that which is to come.
20. I praise others daily.
21. "My Life Is A Joy To Me."
- 22.
- 23.
- 24.
- 25.

The Lord said I am the "Great I AM."

