

I AM statement with Coach K.



When you know WHO you are, you are the BEST at what you do.
You draw out the BEST in others too! It's time to embrace your authentic self!

This exercise is designed to acknowledge who you are and embrace your uniqueness, instead of judging yourself, nudge yourself to move forward with confidence & courage.

YOUR WORDS MATTER! Boldly claim who you are!

Use this worksheet to be selective in the words you choose & convert them to a powerful statement you can use. Multiple statements can be crafted.

Consider these options each time you go through this exercise:

Set intentions for your personal, professional and day to day life.

CHOOSE how you want to show up.

Design energizing affirmations.

Develop a creative elevator pitch.

Elevate your overall purpose (see Coach K.'s Purpose Cycle).

I AM statement with Coach K. (example)

2 powerful words
that give a glimpse
of who I AM.

ie: attributes/characteristics

3
words that highlight
my favorite
talents/skills.

3
fundamental principles
or beliefs that guide my
approach to life.

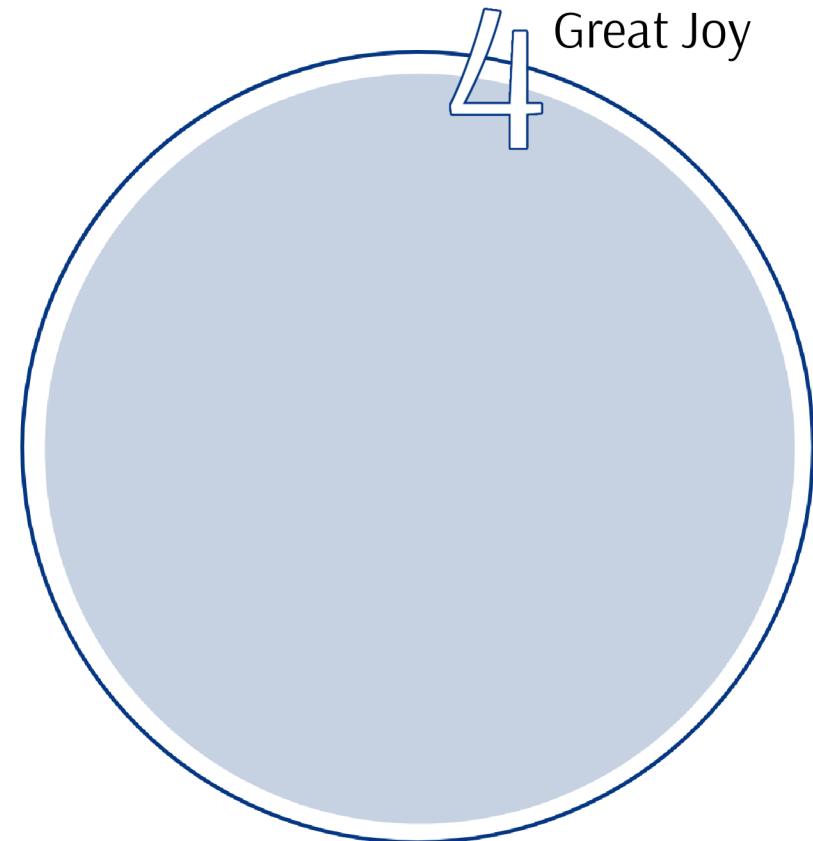
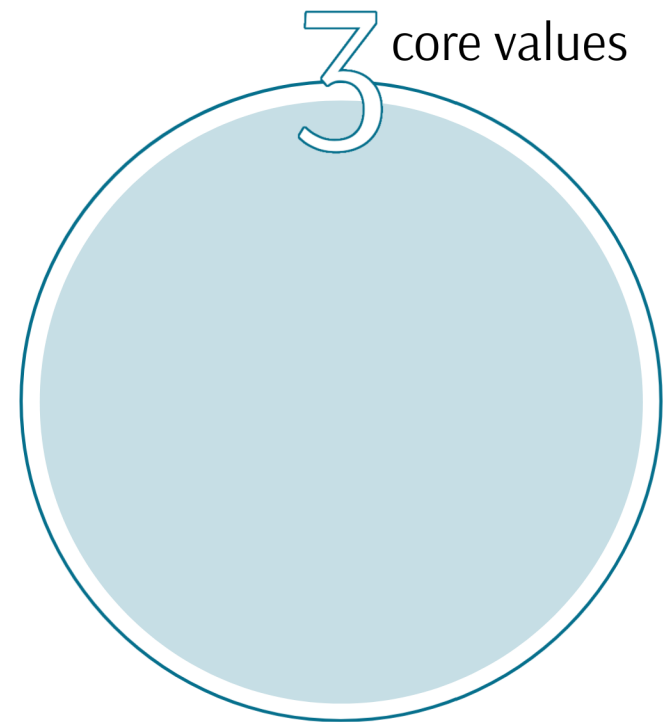
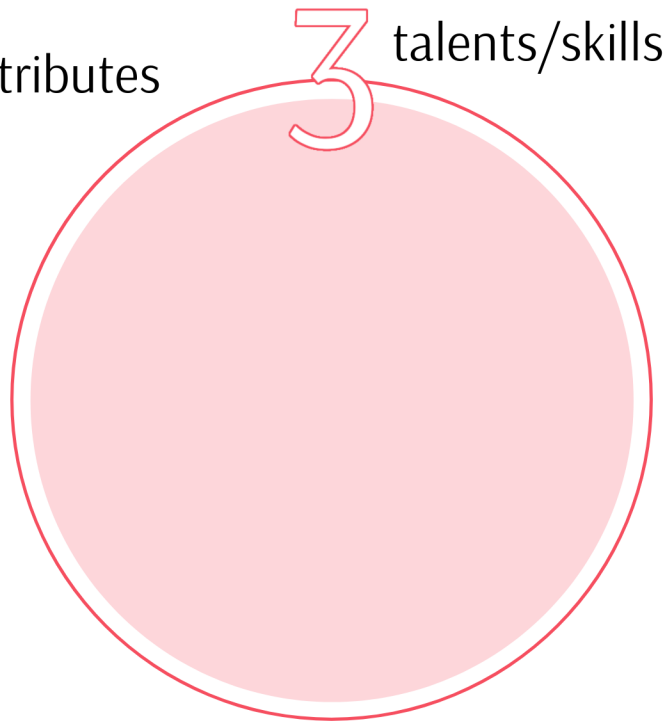
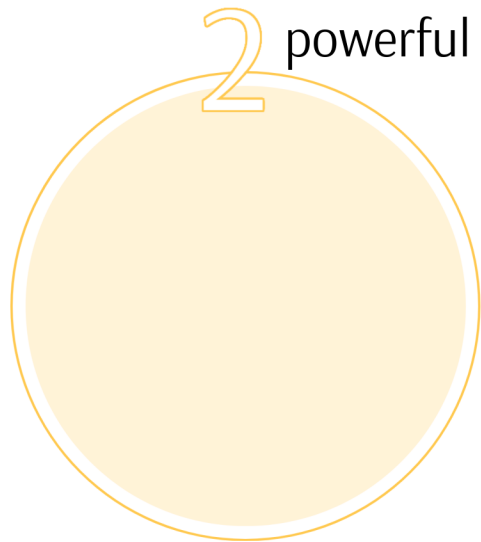
core values

I AM a **joyful leader**, who **supports taking powerful action**,
encourages mindfulness and **has servant heart**. I value **family**,
honesty, curiosity, and **acceptance of others!** I find great joy
in **riding across country with my husband, being a Grandma**,
the splendor of a sunrise/sunset,
and **living a life in AWE (Acknowledge. Wonder. Explore)**.

I AM **Nancy Kalsow. I AM POSITIVELY ME!**

4
things that bring me
Great Joy.

I AM statement with Coach K.



I am (a) _____, (&) _____,

who believes _____, _____, and _____

I _____, _____, _____, and find great

joy in _____, _____, _____, _____.

I am _____ (name).

I AM POSITIVELY ME!