



Tools to Navigate Life's Terrain™

# Land of IAM Activity Guide

How to Find and Use Your Best I AMs Worksheets

Word Finder

Finger Puppets

Coloring Sheets

Yabbut Stuff

Guide to Finding and Using Your Best I AMs

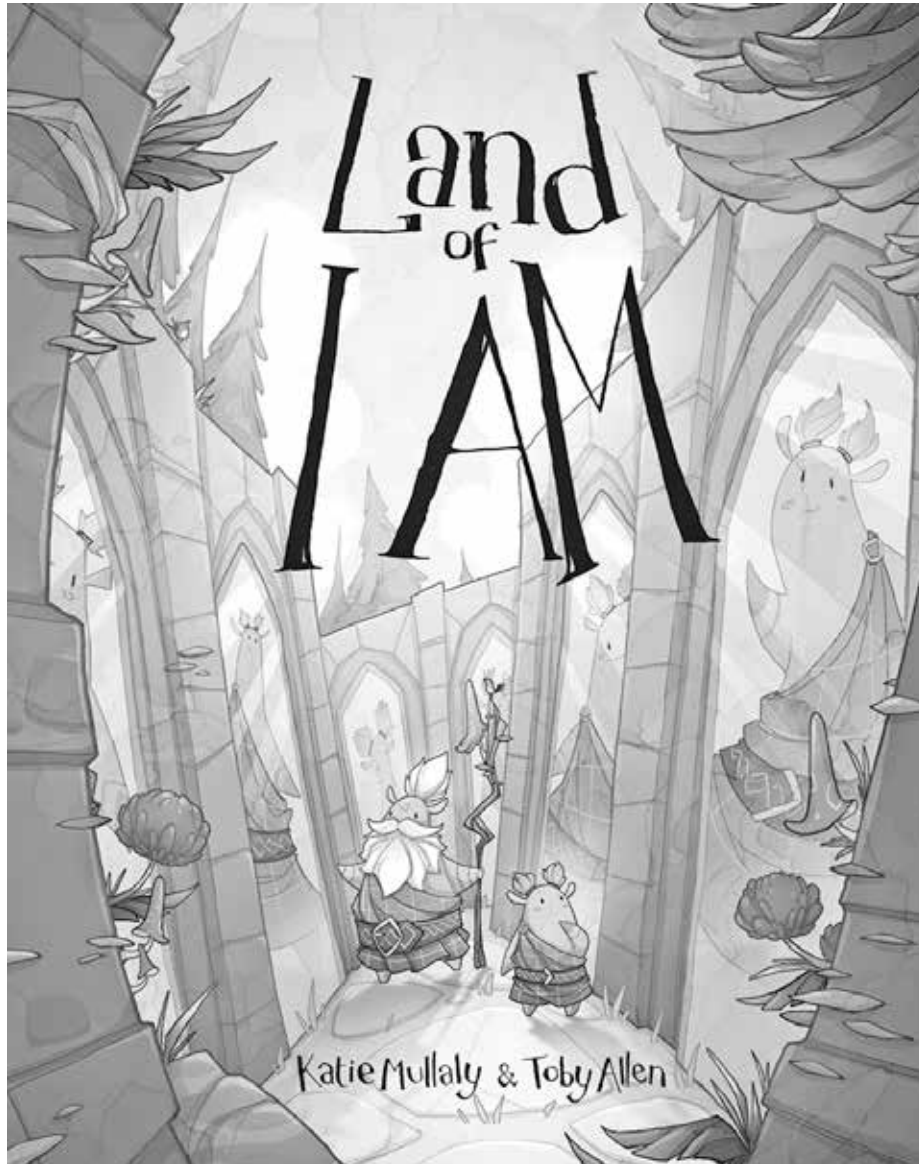
Awesomeness Certificate



# Land<sup>of</sup> I AM

## How to Find and Use Your Best I AMs

Here are some tools from your journey through Land of I AM to make sure that you always use good I AMs and show the world your best, truest you.



In Land of I AM you will find your way through,  
Past all the false mirrors and to the REAL you!



## - Inner Illusions -



**“What you see in these mirrors in here isn’t true.  
All these wonky I AMs, they are not the real you.”**

“I AM” are two of the most powerful words because they shape how you see yourself (which then affects how you present yourself to the world). Unfortunately, we usually don’t even think about these words but suffer their effects. The good news is that we can change these reflections by changing our “I AMs.”

How often are you using “I AM \_\_\_\_\_”? Are you using positive “I AMs” or are they negative? Even if you don’t really believe what you’ve just said, these I AMs have a way of becoming how you see yourself.

# - Inner Illusions -

## Activity

What are some of the I AMs that you say about yourself? List them all, positive and negative, but especially the good ones.

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## The I AM Guide & Kid

When you say "I AM" remember us and be sure to always use the best labels for yourself.





## - Others' Outlet -



**“See, a mangled display might be trying to hide  
Their own self-doubt and how they feel inside.”**

Another person's reaction to you can be just a reflection of how they feel about themselves. When someone has a negative self-image, that impacts how they see the world, and how they treat other people.

Know that when someone is negative towards you, it isn't about you. It's about them. Notice how you treat or react to other people when you are feeling bad about yourself, or when you are feeling good.

# - Others' Outlet -

## Activity

Have there been times that someone was negative towards you or treated you unkindly? List them and then think about what else could have been the reason for their behavior – they weren't feeling good, they were having a bad day, or maybe how they treated you is how they feel about themselves.

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Now, have there been times when YOU treated someone poorly? What were you feeling at the time that could have affected your behavior. For example, if we feel insecure about ourselves, we tend to be more critical of others. It's a reflection of how we feel inside.

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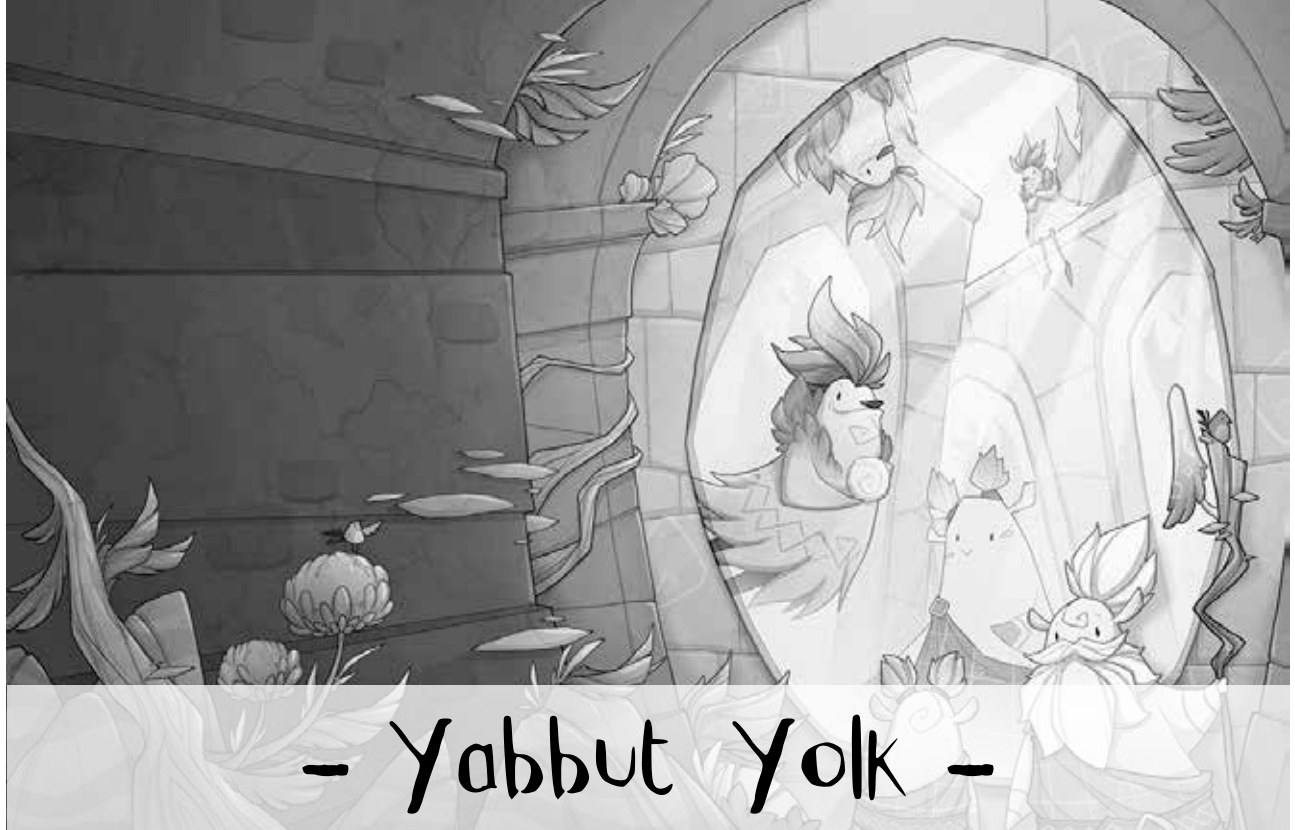
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## Small Gargoyle

I am that part of someone who doesn't feel good about themselves. I get to distort their mirror and even yours.





**“When you spot a warped image you want to believe  
Just know it’s the Yabbut who tries to deceive.”**

We are so quick to accept the things we think about ourselves. We believe our **I AM**s and never question them. The **Yabbut** is that voice inside your head telling you that what you see (and saying about yourself) is real, even though it isn’t.

Would you let someone else say these things about you? Probably not, but the **Yabbut** will. The good news is that the **Yabbut** can be ignored, just like you would ignore someone standing next to you saying negative things about you.

# - Yabbut Yolk -

## Activity

Copy a sheet for everyone in the family. Each time you hear “yeah but” from that person about a **false or negative I AM** they just used, mark it on the sheet.

## Count the Yabbuts!

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## - Judgment Junction -



**“Don’t let someone else affect your self-esteem.  
Only you should decide the I AMs that are seen.”**

We often look to someone else to determine our I AMs. We want to know that others approve of us but can be easily upset when they don’t. If we always look to someone else to define our value (our I AMs) we put our OWN self-worth in someone else’s hands.

Self-esteem can only come from within. The ONLY opinion that matters is your own. Plus, it’s none of our business what others are thinking about us.

# - Judgment Junction -

## Activity

What are some things that you do to get praise from others? Is it the clothes you choose to wear hoping someone will compliment you? Do you do or say things just so others might like you?

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Or, what are some of the things you THINK people are thinking or saying about you? Remember, it's none of your business what others think of you. And besides, most people are too busy worrying about what others think of them to actually think about you.

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## Big Gargoyle

If you care about what others think, or look to someone else to create good I AMs for you, I will be sure to warp the mirrors that you see.





**“When you think good I AMs, your perspective will change.  
And then what appears is no longer deranged.”**

We can be harder on ourselves than anyone else. Why? We should be the first person to be kind to ourselves, to think good things, to love and not criticize who we are.

Our minds can be constantly going, with both good and bad thoughts spinning about, and it is usually the bad thoughts that take over. But did you know that you DON'T have to listen to them?

Just because you've had a thought about yourself doesn't mean that it's real. It is just a thought, and you can let it go. This can make room for the good thoughts.

# - Negative Narrows -

## Activity

When a negative thought comes into your head, recognize that it is JUST a thought. From here you can let go of these negative thoughts and replace them with good thoughts.

If you think a negative I AM, write it down and then change it to a positive I AM.

### OLD Negative I AM

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## Warped Mirrors

What you see in us is NOT who you really are. We are just the wonky images that you see when you use negative I AMs.





## - Conformity Corner -



**“If you aren’t being you, and you’re some other one,  
Then you aren’t authentic and that is no fun.”**

How many times have you tried to change your I AMs to fit in or try to be like everyone else? When we do that, it’s hard to discover all the wonderful authentic things about ourselves. But we can get caught up pretending to be someone we aren’t, and we forget about our true selves.

So instead of wasting energy trying to fit in or be someone you think other people want you to be, take the time to think about who you truly are and what you truly want.

Give yourself permission to find what it is you really like and who you truly are.

# - Conformity Corner -

## Activity

List the things you TRULY like to do, or wear, or people you want to hang around with. And then, ask yourself if you are reflecting the REAL you by doing these things.

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## Warped Mirrors

What you see in us is NOT who you really are. We are just the wonky images that you see when you aren't being your authentic self.





## - Measure Up Mirrors -

**“You should only match up with your internal best.**

**Only who you can be and forget all the rest.”**

Mark Twain said that “comparison is the death of joy.” When we compare ourselves to others, we focus on what we think is wrong with us instead of acknowledging all the good, unique, and right things about ourselves.

The **ONLY** person we can and should compare ourselves with is... well, ourselves! Are you living your best life, being authentic, taking positive steps? Whenever you catch yourself comparing your life to others, stop and be grateful for what you have and who **YOU ARE**.

# - Measure Up Mirrors -

## Activity

List some of the great things about your life: your friends and family, what you have, things you have accomplished, plus other things in your life that you are grateful for.

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## - Failure Foyer -

“When the I AM reflects that you actually tried,  
Then the act of attempting will fill you with pride.”

**You only fail when you don't try.**

Success isn't just about getting an outcome that YOU wanted. It is based on so many things – trying something new, learning from the attempt, trying again.

Most importantly success is based on how we deal with our disappointment of what we saw as a failure.

# - Failure Foyer -

## Activity

List the times that you tried something and it didn't work out the way you wanted, or when you think you failed. Then write down the good things that came from it and what you learned.

What you tried: \_\_\_\_\_

What you learned from it: \_\_\_\_\_

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What you tried: \_\_\_\_\_

What you learned from it: \_\_\_\_\_

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What you tried: \_\_\_\_\_

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What you tried: \_\_\_\_\_

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What you tried: \_\_\_\_\_

What you learned from it: \_\_\_\_\_

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## - Acceptance Alley -



**“And once you begin to search just for what’s right,  
The best parts of you will then come into sight.”**

Why is it so easy to see our “flaws,” but so hard to see all the great things about ourselves?

We are so quick to look in the mirror and seek out the “bad” stuff – our imperfections. All the while ignoring all of our wonderful things.

It is almost uncomfortable to look for the good stuff, we aren’t used to doing that. But once you start to look past what you don’t like and focus on the things you do like, you’ll find more and more great things about yourself.

# - Acceptance Alley -

## Activity

Look into the mirror and find something good about yourself, something you like. It could be something simple like the color of your eyes. Do this every day and write them down.

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## Warped Mirrors

What you see in us is NOT who you really are.  
We are just the wonky images that you see when  
you forget to look for the good stuff.





## - Real YOU Reflection -



**“What you see here now is your honest reflection.  
It’s perfect as is. See, it needs no correction.”**

**Use these tools to always see the best, real you.**

**Always know that you are perfect just as YOU ARE!**

**Remember the power of “I AM” and use it wisely.**

# - Real YOU Reflection -

## Activity

List some of the GREAT, AWESOME, WONDERFUL, AMAZING, TRUE things about you and when you find that your I AMs are starting to get wonky and warped, look at this list.

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# Land of I AM

## Word Finder

How many words can you find from Land of I AM.

H E L D X A N T Y T T U B B A Y W P Q B  
 Z L N F J I F X J J V G W R M B H B B P  
 G F O I Z N N M Q X L M T C E F R E P M  
 Z T V G U Q O V X V D V I X P Y X J Q K  
 O R I J T N G D T Z A R E V R E S B O A  
 Z I G W W O E R A P M O C Z E Y W M O Z  
 R E P X V K Y G X E H W G J F V P G T D  
 I D P E K J R O S S E Q G M L Y A W H Z  
 J B Y H R K F L D Z J C A M E T U N O T  
 V A D S M L A V O R P P A H C M T S U F  
 U M T A W F A Y P T O T Z W T K H O G X  
 S W A L F T W I U F I D O V I W E J H P  
 B B I S T M W J X H U G B X O W N O T B  
 M F P E O Y S I L L U S I O N S T C S H  
 Q I M A H N U R W O O V U M O H I Q I R  
 J P R Q M I T X E X U N A Z E S C T H J  
 T D H R P M P Q W A R P S R X H N S K N  
 F E Y X O C V X M N L P S S V M A Z E L  
 J K Z J T R V T P O S I T I V E O G A P  
 D R P W I H S Z U K E N C S H J F P J A

MIRRORS  
 REFLECTION  
 OTHERS  
 APPROVAL  
 ILLUSIONS  
 TRIED  
 POSITIVE

AUTHENTIC  
 REAL  
 YABBUT  
 THOUGHTS  
 GENUINE  
 ATTEMPT  
 PERFECT

MAZE  
 AM  
 WARP  
 FALSE  
 COMPARE  
 FLAWS  
 OBSERVE

# Land of AM

## Word Finder Key

H E L D X A N T Y T T U B B A Y W P Q B  
Z L N F J I F X J J V G W R M B H B B P  
G F O I Z N N M Q X L M T C E F R E P M  
Z T V G U Q O V X V D V I X P Y X J Q K  
O R I J T N G D T Z A R E V R E S B O A  
Z I G W W O E R A P M O C Z E Y W M O Z  
R E P X V K Y G X E H W G J F V P G T D  
I D P E K J R O S S E Q G M L Y A W H Z  
J B Y H R K F L D Z J C A M E T U N O T  
V A D S M L A V O R P P A H C M T S U F  
U M T A W F A Y P T O T Z W T K H O G X  
S W A L F T W I U F I D O V I W E J H P  
B B I S T M W J X H U G B X O W N O T B  
M F P E O Y S I L L U S I O N S T C S H  
Q I M A H N U R W O O V U M O H I Q I R  
J P R Q M I T X E X U N A Z E S C T H J  
T D H R P M P Q W A R P S R X H N S K N  
F E Y X O C V X M N L P S S V M A Z E L  
J K Z J T R V T P O S I T I V E O G A P  
D R P W I H S Z U K E N C S H J F P J A

MIRRORS  
REFLECTION  
OTHERS  
APPROVAL  
ILLUSIONS  
TRIED  
POSITIVE

AUTHENTIC  
REAL  
YABBUT  
THOUGHTS  
GENUINE  
ATTEMPT  
PERFECT

MAZE  
AM  
WARP  
FALSE  
COMPARE  
FLAWS  
OBSERVE





# Land of I AM Finger Puppets!!!

To make these fun puppets, just follow these simple steps.

**You will need:**



CRAYONS

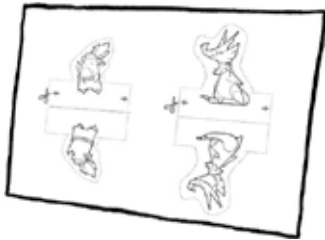


SCISSORS

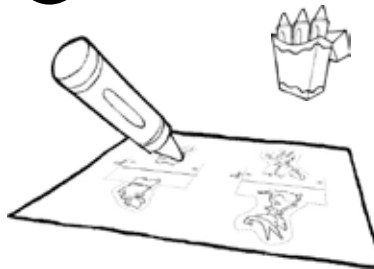


TAPE

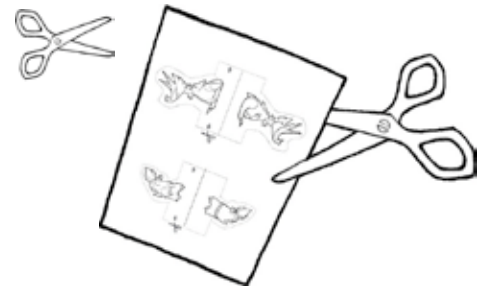
**1** Print this PDF.



**2** Color the puppets.



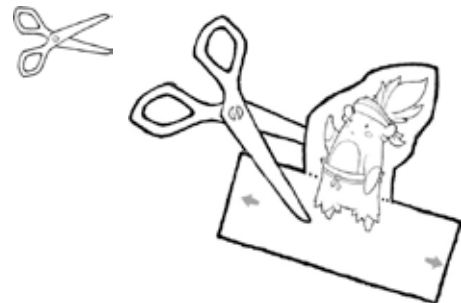
**3** Cut along the dashed lines to cut out the puppets.



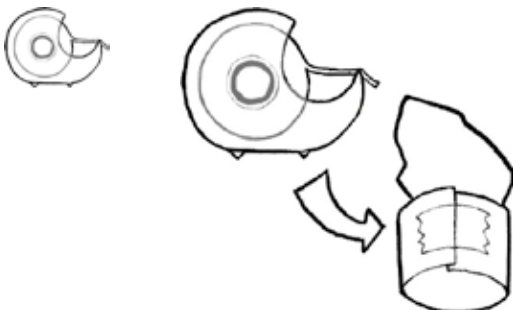
**4** Fold each puppet in half along the black solid line.



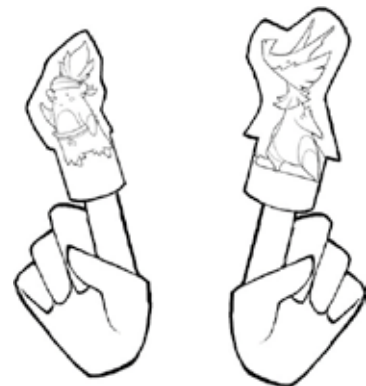
**5** Cut along the dotted lines.

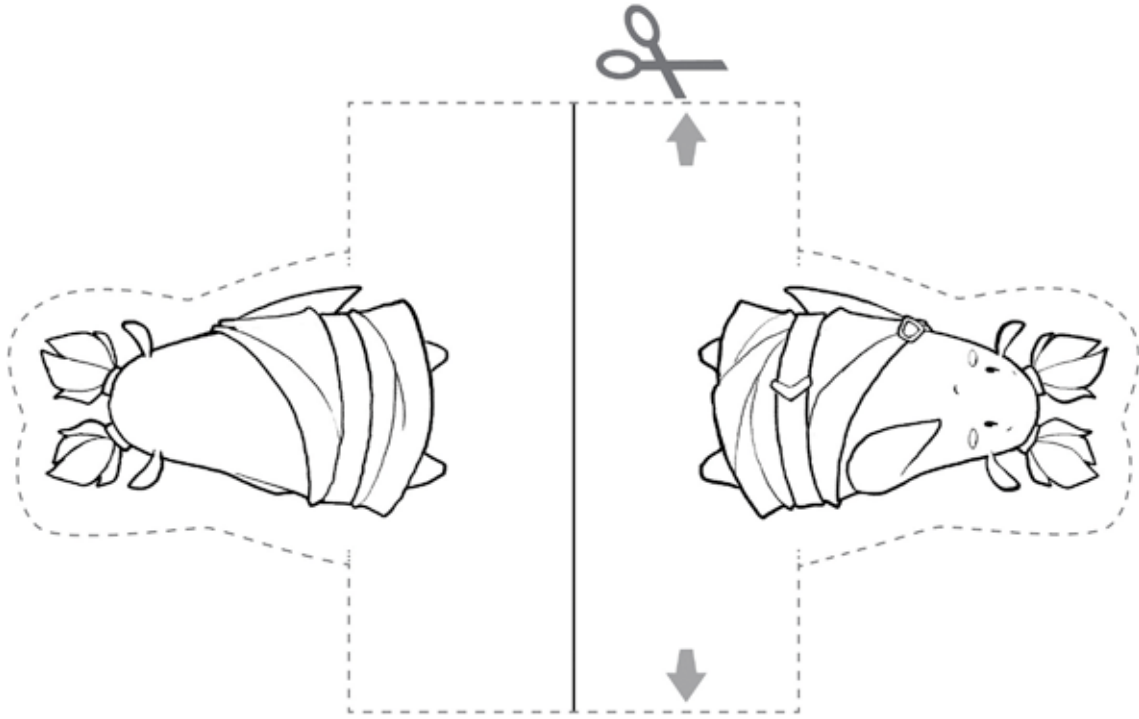


**6** Roll the bottom into a tube so that the arrows touch; then tape it together. It should be a little bit bigger than your finger.

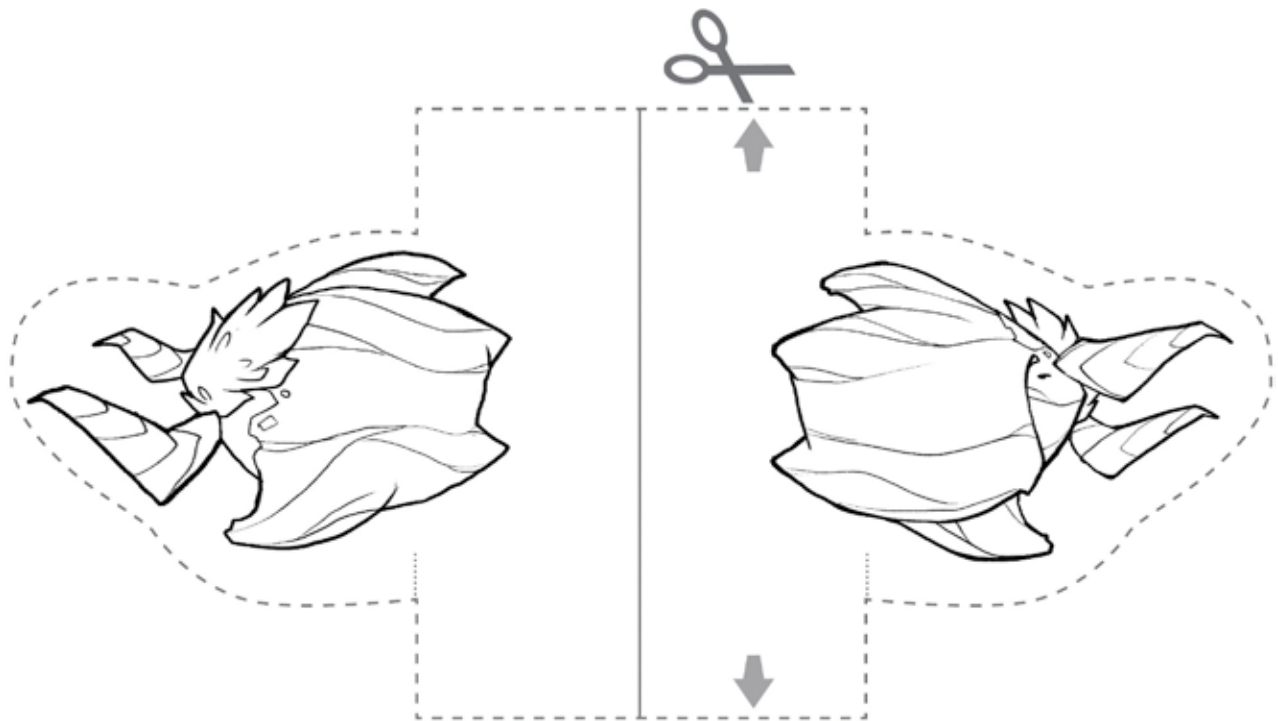


**7** Hooray! You just made finger puppets!



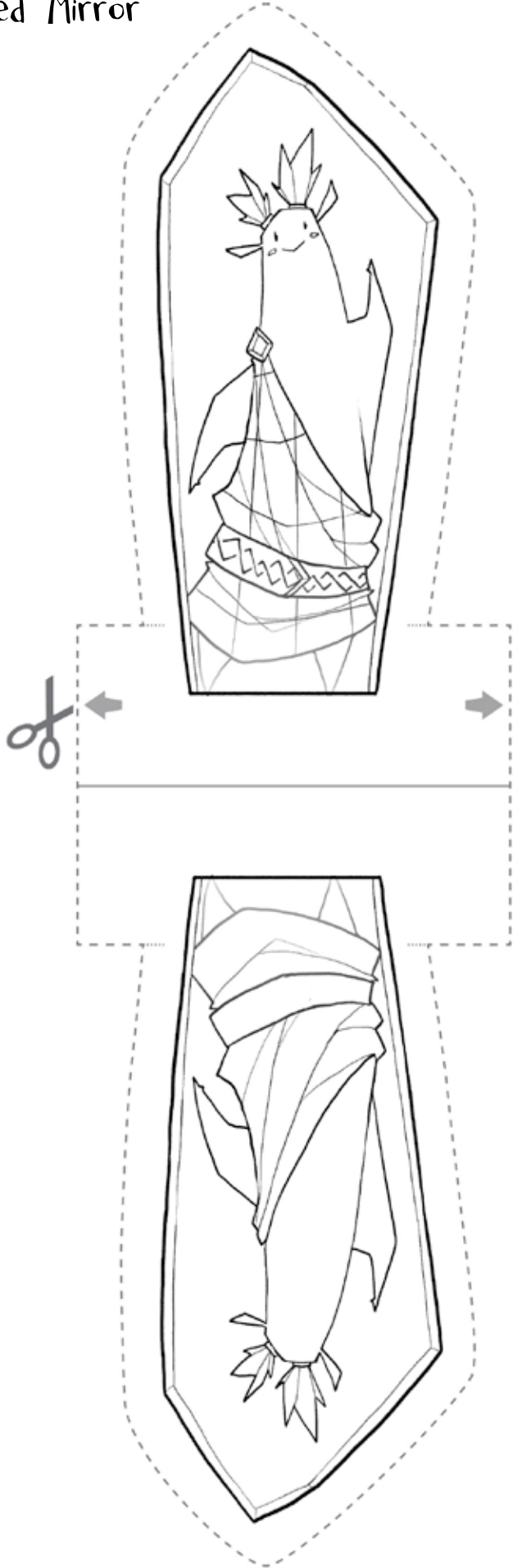


The Kid - YOU in Land of I AM

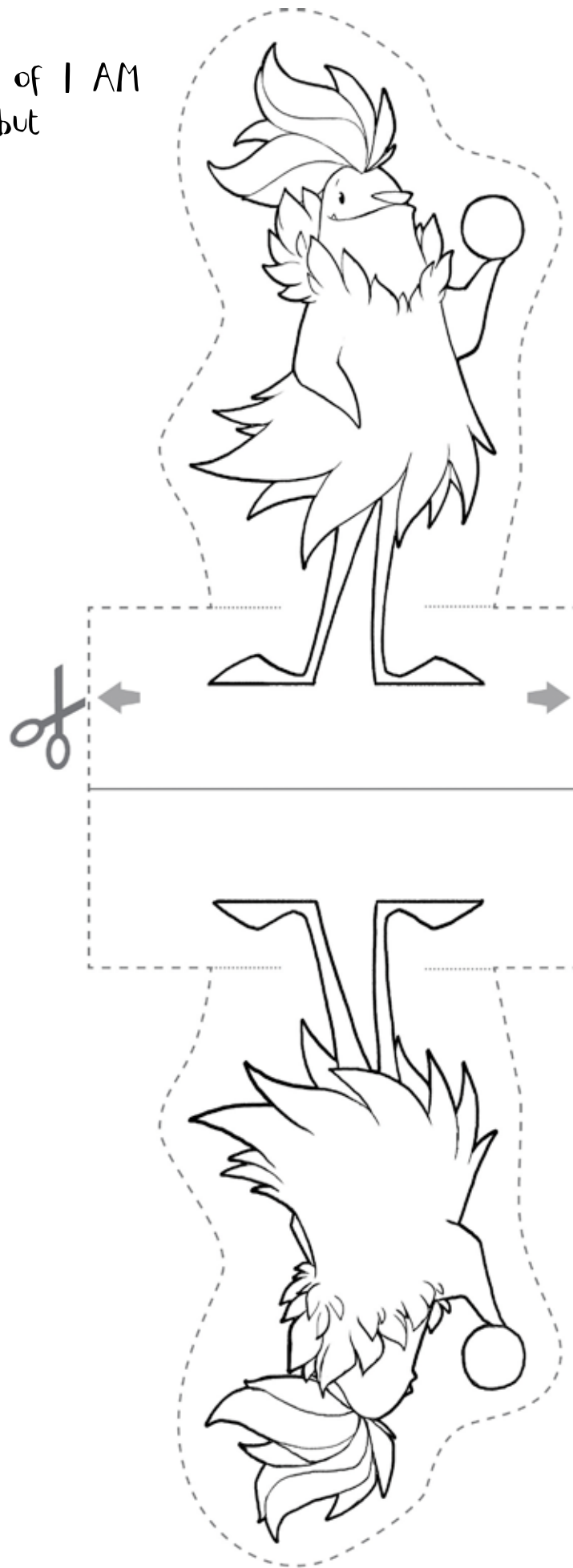


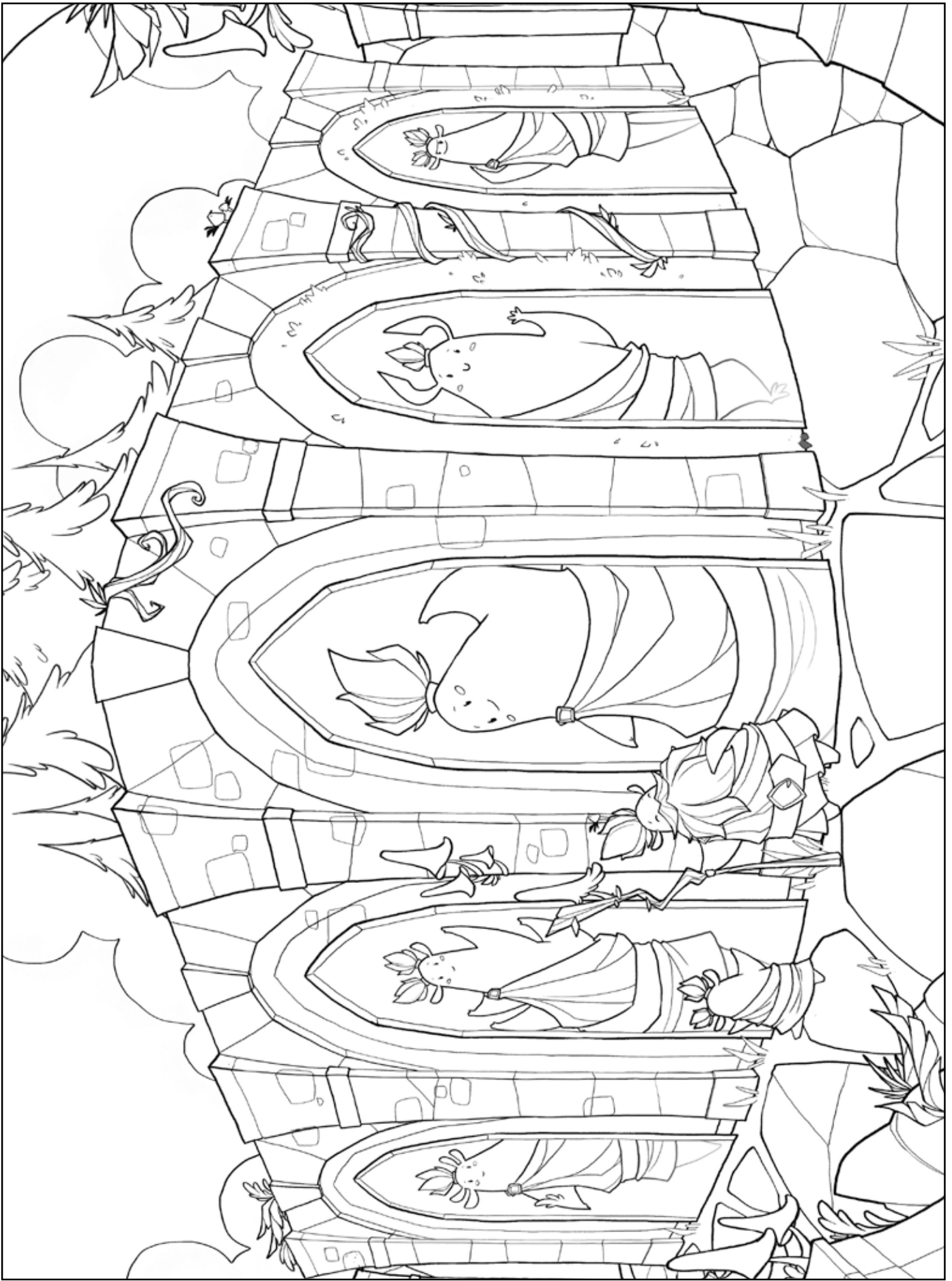
The Little Gargoyle

# The Big Warped Mirror



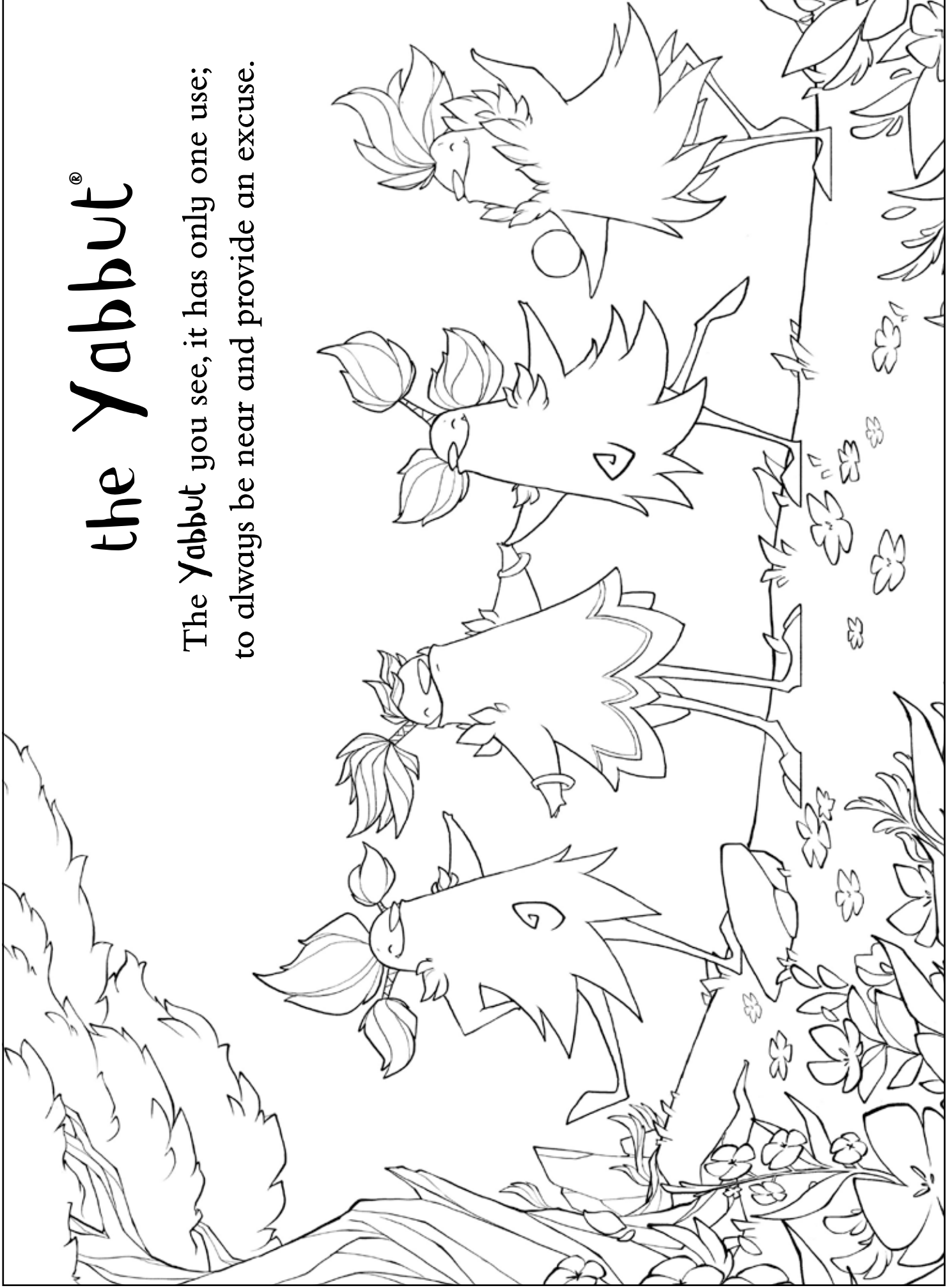
The Land of I AM  
Yabbut





# the Yabbut®

The Yabbut you see, it has only one use;  
to always be near and provide an excuse.





the Yabbut®  
Land of I AM

# Land of I AM

## Guide to Finding and Using Your Best I AMs

1. Remember that the words you use with “I am...” Shape how you see yourself.
2. How someone treats you is a reflection of how they feel inside about themselves.
3. Your worth is determined by you, not from others. You don't need approval from anyone.
4. Choose to think good thoughts about yourself.
5. Always be your true authentic self.
6. Don't compare yourself to others, appreciate and love who you are.
7. Attempting something is what matters, not the outcome. You win when you try.
8. When you look at yourself, see all the wonderful things about you.
9. Always, always know that you are perfect just the way you are.
10. Remember the power of I AM and always choose the best words.



Don't listen to the Yabbut!

From your friends in  
Land of I AM.







# Certificate of Awesomeness

Is Presented To: \_\_\_\_\_

for using your BEST I AMs!


And for using the lessons in Land of I AM to find the real, best you!

Date: \_\_\_\_\_ Presented By: \_\_\_\_\_

We salute you for your commitment to the power of good I AMs  
and for remembering your journey through Land of I AM.

  
Katie Mullaly, Author



  
Toby Allen, Illustrator