

# 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.

