

The Power of I Am 5-Day Challenge

Day 5

Specific I Am Statements

The more you use I Am Statements, the more fun it becomes. As you think of new ones to fit your situation, you begin to feel more creative and confident.

Use this page to write some of your specific I Am Statements.

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Here are some statements for career advancement:

I am seeing the possibilities in my life.

I am qualified. I am skilled. I am polished.

I am able to share my talents.

I am comfortable working with others. I am comfortable sharing my ideas.

I am comfortable speaking in groups. I am confident.

I am getting new assignments. I am easily completing new assignments.

I am confident about this next project.

I am respected by others. I am respectful of myself.

I am supporting myself. I am supported by others.

I am the one for the job.

I am capable of advancing in my career.

I am making a very respectable salary.

I am making more money.

I am deserving of a higher salary. I am looking forward to this pay raise.

I am taking steps to advance my career.

I am interested in professional development.

I am loving the new opportunities that are coming my way.

I am grateful for my professional connections.

I am working for a company that I respect.

I am proud to be employed here. I am recognized for my talents.

I am comfortable trying new things. I am comfortable meeting new people.

I am valued by my employer and my co-workers.

I am creating positive working relationships.

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Here are some statements for business expansion and success.

I am starting each week with new energy and confidence.

I am committed to my business.

I am rewarded for this commitment.

I am doing my life's work.

I am talented and am appreciated for all I do.

I am attracting paying clients.

I am selling my products.

I am booking sessions with my ideal clients.

I am loving my niche. I am well suited to this niche.

I am overflowing with love and pride for the work that I am doing.

I am excited to do this work.

I am choosing my own schedule.

I am enjoying being my own boss.

I am loving the entrepreneurial lifestyle.

I am building my following.

I am reaching out to new prospective customers.

I am known in my community for the good work I do.

I am learning and excelling at the technology I need to run my business.

I am delegating effectively.

I am getting the help I need.

I am making profitable business connections.

I am earning a great living.

I am reaching my financial goals.

I am bringing in money each week (day or month) using my gifts and talents.

I am committed to my goals.

I am planning for my business success.

I am devoted to my brand.

I am unstoppable.

I am moving in the right direction.

I am proud of my business.

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Here are some statements for health and wellness.

I am whole.

I am healthy

I am vibrant.

I am energetic.

I am a friend to my body.

I am loving my body.

I am well.

I am making healthy choices.

I am planning my meals.

I am moving everyday.

I am a priority

I am making my health a priority

I am committed to my own wellness.

I am fit.

I am making progress

I am drinking more water.

I am choosing greens and colorful vegetables.

I am choosing healthy protein.

I am paying attention to my nutrition.

I am trying new healthy foods.

I am making progress.

I am feeling healthy and whole.

I am energized by my new healthy plan.

I am really taking care of my body like never before.

I am deserving of health and wellness.

I am improving my muscle tone.

I am improving my cardiovascular health.

I am benefiting in ways I didn't expect.

I am sleeping better. I am mentally sharp and focused.

I am active and enjoying my new lifestyle.

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Here are some statements for life purpose and passion.

I am aware of my life purpose.
I am fueled by my passion for life.
I am worthy and deserving.
I am loved.
I am loveable.
I am surrounded by people I love.
I am doing work I love
I am in love with life.
I am supported by a loving Universe.
I am accepting of myself exactly as I am.
I am gentle with myself.
I am right where I need to be.
I am delighted by all that life has to offer.
I am setting intentions for my life.

Here are some statements for gratitude and abundance.

I am grateful for all that I see.
I am devoted to a life of gratitude.
I am deserving of financial abundance.
I am accepting of prosperity.
I am earning good pay for a job well done.
I am open to all of the wonderful things that life has to offer.
I am unlimited.
I am full of pure potential.
I am enjoying the plenty of life.
I am sharing my good fortune with friends and family.
I am charitable toward others.
I am thriving and flourishing

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Thank You For Joining in the Challenge.

As we complete the 5-Day Challenge, I invite you to join me and other members of the group for a FREE live Q&A video conference on Sunday, April 23 at 8 pm EDT / 7 pm CDT.

You will find details in an upcoming email sent to you after the challenge.

