

The Power of I Am 5-Day Challenge

Day 4

Back to the Basics of I Am

When you feel fear or self-doubt creep up on you, what I am statements will you use to calm yourself, and remind yourself that you are enough? And, that you can really do it!!!! Write those I Am statements here:

What daily action steps will you commit to for Sunday, Monday and Tuesday? One for each day. Examples of action steps include -- plan my meals for the week, chop vegetables for my salads, write a blog post, create my social media posts for the week, update my reference list, send two emails to professional connections, register for a class.

On Sunday, I will...

On Monday, I will...

On Tuesday, I will...