

Week Four: Am I Letting This Moment Define Me?

Your mission, if you choose to accept it, is to keep a list of the times that you allow your fear-based emotions to take control of the definition of yourself. Be honest. Write down the “I Am” thought that you had, then try to determine what circumstance created that negative emotion. At the end of each day, take stock of what triggered those negative emotions, and allow yourself to release them and choose differently. Then, replace your fear-based “I Am,” with an “I Am” statement that takes your power back.

End each night in your self-development space, making sure to sit in meditation for three to five minutes.

Fear-Based “I Am” Statement	Circumstantial Trigger	Powerful “I Am” Statement

