

## "I AM..."

Okay. You guys know that I am all about choosing, recognising that we have a choice about how we want to feel, how we want to be moment to moment. But, there are these two words, and I'm pretty sure it's in one of Oprah's books, and she was a big fan of doing this. And I've mentioned it before in the membership, but I actually wanted to focus our soul on using these two important words, as much as we can this week and seeing how it goes for you. And those words as you know are I am. When we decide to be someone different to who we are, which is totally also possible because we're only the way we are and acting the way we are because of stories that we've told ourselves about who we are. So we could actually tell ourselves really amazing stories about who we want to be. And then, when we anchor it with the words I am everything feels present and possible.

So, I am calm. Is like, "Oh yeah, I am calm. I can be calm. Watch."

I am organised is one I say to myself all the time when I'm not feeling particularly organised but I want to be. I'm like, "Today I'm really organised." And I'm suddenly anchored in that. And I am doing the organised things.

I wonder what you would like to put the words I am in front of, and how that might change your reality in an instant. It's really, really amazing what is possible when we start labeling ourselves things that serve us. And so you can say, "I'm so disorganised." I would just keep doing disorganised things. I keep living up to whatever I say I am, whatever I identify as.

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So, how about we shift it this week? We just have a little play with the words I am, and we can see that the stories that will probably come up about I am organised. "But you're not really because if you were you wouldn't have to be saying this and you're actually this and you're actually that." Nope. Don't listen to that little monkey chatter in your mind. Just ground yourself in an I am.

I would love to hear what you chose to be and how you feel like this little ... it is a mindset hack, how it impacts you day-to-day. Because we're choosing way more than we realise who we are being moment to moment. So, who do you want to be? How do you want to be? I am fill in the blank. Let me know, I would love to hear from you. See you next week.