

# I Am

Too often we are labeled by others by what we do or what they perceive of us. However, who are you and how you speak about yourself is essential to create a positive mindset. Self-definition is about your core values and what is important to you. You are many things. Remind yourself by writing them down below.

I am \_\_\_\_\_

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With a better understanding of your core values answer this question. If time, money, education, age, circumstances were not a consideration what would you be, do, have, experience, create

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