



## CHANGING YOUR PERSPECTIVE

Every time you say “I am” and then a word, particularly a word connected with an emotion, the universe hears you and aligns with the energy of that word. So if you say, “I am lonely,” your energy becomes a magnet for loneliness (like energy attracts like energy). Whereas if when you say “I am blessed at this time to be alone and get to know myself” *and mean it*, you welcome, attract and draw even more blessings into your life. Be aware of your thoughts and emotions. Intention is EVERYTHING, and you want to intend the best. **Listed are frequently heard I am emotions to get you started. Reflect on why. Is there another way to see and feel them? Why is the NEW perspective valid? The goal of this exercise is to honor your emotions but not become them.**

### YOUR WORDS

### ANOTHER PERSPECTIVE

1. I am angry.

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

Why?:

Why?:

2. I am powerless.

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

Why?:

Why?:

3. I am fearful.

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

Why?:

Why?:

4. I am \_\_\_\_\_.

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

Why?:

Why?:

5. I am \_\_\_\_\_.

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

Why?:

Why?:

6. I am \_\_\_\_\_.

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

Why?

Why?: .....  
.....

7. I am \_\_\_\_\_.

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

Why?:

Why?: