Clarity Mapping

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SECTION ONE

Reframe Your Thoughts

List All Your Thoughts

Before we get started, I want you to know that this exercise might feel scary or overwhelming at first, but that's okay. It's a sign that you're doing this right!

First, make a list of all the thoughts that you find yourself thinking throughout the day using the columns on the following page. As the day progresses, keep this book nearby, or jot down in a journal or even the notes app on your phone as these thoughts arise, and then input them into the following page. You might find that you write down the same thought multiple times—that's okay too! We're gathering data right now, and it's all useful.

When you write down your negative thought, take a few moments to think of and then write down a powerful, positive thought that you want to have instead. I write my thought down in the moment I have it, because it helps me notice how many negative thought patterns I'm having throughout the day, and it helps me become more mindful of holding myself accountable for my thoughts. If you're having trouble coming up with a positive thought (believe me, this can be the hardest part of this exercise), think about what you need to hear in that moment. Is it something comforting? Is it something empowering? Channel what your most supportive friend would say to you in this moment, or even what you would say to a friend who is going through this.

For example, when I have the thought, *I am powerless*, I write it down in

the left column, then write down this positive thought I can replace it with in the right column: *Thank you, thought, for trying to protect me. But I've got this. I am brave. I am so incredibly brave.* Or when I start a new project, sometimes this thought pops into my head: *What am I doing? I don't know how to begin a new project and I'm too overwhelmed!* (left column). Over time, I've taught myself to think this thought instead: *I have everything I need. I am enough. I have enough* (right column).

Thoughts I Am Thinking:	Thoughts I Can Think Instead:

SECTION THREE

Thirty Days to Clarity and Freedom

Here's where we put your morning practice into action!
Spend at least five minutes every morning asking yourself these questions and recording the answers. Remember, it might feel hard or uncomfortable at first, but by the end of the thirty days, you'll wonder how you ever started your day without it!

Day 1

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **What do I fear? Take a moment and think about what need might be behind that fear and write it down.**

Day 2

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

_____

_____

_____

Journal Prompt: **What feelings do I want validated today? What feelings do I have today that are asking to be validated? For example, I might feel overwhelmed with all the tasks I'm trying to complete and people I'm trying to care for throughout my day. Validating that feeling and then identifying what can help hold space for that can add moments of clarity and calm that I'm needing. Maybe it's as simple as a five-minute walk alone, or taking a bath after the kids are in bed. Or perhaps I'm really excited about an accomplishment and I want to validate my hard work and celebrate. When we pay attention to our feelings, it allows us to be more intentional with holding space for ourselves and what it is that we need, so that we don't get lost in the shuffle of our own lives.**

_____

_____

_____

_____

_____

_____

_____

_____

_____

Day 3

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **What if failure is really time and space for growth? What is one thing that I would do if I wasn't afraid to fail?**

Day 4

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **When have I experienced a failure that led me to something fulfilling and new?**

Day 5

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: How could I view past failures as experiences that led to growth? How does that change my willingness to try something new or different?

Day 6

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **Take a moment to think about the past week and anything that happened that may have felt like a failure. What did I learn from it? What are some ways I can apply this to next week/going forward?**

Day 7

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

_____

_____

_____

Journal Prompt: This week, I affirm:

My need to . . .

_____

My goal of . . .

_____

My ability to . . .

_____

My work in . . .

_____

My hope for . . .

_____

Myself

Day 8

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **When is a time where I felt let down by someone else or maybe even by myself? How would forgiveness set me free?**

Day 9

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **Is there anyone in my life I want to forgive? If I could, what would I say to them?**

Day 10

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **What would forgiving myself feel like? What would I need to hear or know to truly forgive? Start writing a letter to yourself below:**

Day 11

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **What is something I'm proud of myself for?**

Day 12

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **What does love feel like? How can I create that feeling today?**

Day 13

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **What do I love about myself?**

Day 14

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

_____

_____

_____

Journal Prompt: This week, I affirm:

My need to . . .

_____

My goal of . . .

_____

My ability to . . .

_____

My work in . . .

_____

My hope for . . .

_____

Myself

Day 15

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **What do I want to feel today? What do I need to do to feel that?**

Day 16

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **What is one action my future self would thank me for taking today?**

Day 17

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **Why is it okay for me to feel happy today?**

Day 18

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **Why would I still be worthy of love, joy, and peace, even if today doesn't go according to plan? It's easy to only feel deserving of these things once we think we've "earned" them or proven ourselves. But my individual self-worth is an inherent truth that can't be altered or taken away. I don't have to keep trying to prove my worthiness of being loved.**

Day 19

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **What are some ways I can talk to myself today to remember my worthiness?**

Day 20

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **How can I connect to my higher power today to remember that I am loved?**

Day 21

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

_____

_____

_____

Journal Prompt: This week, I affirm:

My need to . . .

_____

My goal of . . .

_____

My ability to . . .

_____

My work in . . .

_____

My hope for . . .

_____

Myself

Day 22

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **What is something new I can try this week that will bring me joy?**

Day 23

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **Where am I the happiest in my skin and spirit? This can be a physical or emotional place, or both!**

Day 24

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **Why does it feel scary to be true to who I am sometimes?**

Day 25

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **How will I stay connected to my power today?**

Day 26

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **What if I need nothing else today except everything I already have inside? It is easy to see what other people have, or spend three minutes on social media and walk away feeling like we're falling short and need a million things to be better or to catch up. What if I'm worthy, just the way I am, in this moment?**

Day 27

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **What are some of my gifts or qualities I feel especially proud of in myself? How could I use my gifts to create change in someone else's life?**

Day 28

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

_____

_____

_____

Journal Prompt: This week, I affirm:

My need to . . .

_____

My goal of . . .

_____

My ability to . . .

_____

My work in . . .

_____

My hope for . . .

_____

Myself

Day 29

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **Who am I? Who am I, really?**

Day 30

1. What is my intention?

2. Why am I worthy?

3. Who can I serve?

4. What can I set down?

5. Who is the truest version of myself today?

Journal Prompt: **What am I ready to go do that I was not ready for thirty days ago?**

SECTION FOUR

Reimagine Your Future with Clarity Mapping

Brainstorm Your Life Intention

You just created thirty daily intentions as you moved through your clarity practice, which prepared you for what we'll do next. It's now time to create your main life intention to help you figure out your next steps. A life intention can look like "I create peace and love in all that I do," it can look like "I empower women to uncover their power," or it can even look like "I intentionally build a home of safety and hope for all who enter." Now, for some of you, I can already hear the pressure you feel to make the one right choice! This is a no-pressure situation; your intention can be changed at any time. Try something out, if it works, great; if it doesn't, you have all the power and flexibility to try something else.

My hunch is there is something that you *know* you want. The clearer we get, the clearer your life will become. Jot down a few possible intentions that come to mind here:

1 _____

2 _____

3 _____

Aim and Action

If you're feeling stuck here, I want to share with you what I call my Aim and Action exercise. There are two questions that you can ask yourself to help narrow down your intention:

1. **"How do I want to FEEL right now in my life?"** This is the aim. Allow yourself to really lean in to what feeling you're craving to feel. Maybe it's more peace, love, joy, security, safety, success . . . or something else! Understanding what your intuition is desiring to feel will give you your aim.

2. **"What do I need to DO to feel that?"** This will help you determine the action you need to take. If you feel overwhelmed and panicked most days but you want to feel peace, what is the first thing that comes to mind that you know you need to do to help cultivate that positive feeling? Use the columns below to work through current ideas:

Aim:	Action:

Let's take a minute and brainstorm some ideas for intentions that are specific, measurable, and actionable. Use the space below to jot down as many ideas as you want.

_____

_____

_____

_____

_____

From the collection of ideas above, what most resonates with you right now? Does one of them light a fire in your soul or feel like it gives you that peace we've been talking about? Choose that and write your intention smack-dab in the middle of this box:

Personal, Relationship, Home, or Spiritual Life Clarity Map

1. Choosing Your Intention

On the next page you will find the entire Clarity Map. We're going to walk through one box at a time to build it all out. The box in the middle is where you are going to rewrite your intention. I wanted you to write it twice because if it didn't feel like it was *the* one when you committed to it the first time, you now have an opportunity to change it, to go deeper if you need to, to let go of any fear that is telling you that intention feels too scary, and go all in with me right now. The boxes surrounding where you are going to write your intention are how we are going to bring your intention to life!

1.
2.
3.

1.
2.
3.

1.
2.
3.

1.
2.
3.

1.
2.
3.

As you look at your intention, alone there in the middle of your paper, we're going to pause to do a reframing thoughts exercise. I want you to make a list of every single thought that's coming up right now when you think about that intention in the left column:

Thoughts I Am Thinking:	Thoughts I Can Think Instead:

Do any of these thoughts sound negative or need reframing? Is your mind trying to tell you this process is going to be too hard? Is there some forgiveness that needs to happen or are there boundaries that need to be established in a relationship? If thinking about actually doing these things makes you want to run and hide, it's okay to acknowledge that. Maybe bringing your intention to fruition is going to require some difficult and honest conversations. Maybe the conversation is even with yourself.

Since you've gotten so good at reframing your thoughts, you are going to do that right now with the lies your brain is trying to convince you are true. Next to any negative thoughts you wrote down in the left column, write a positive thought to replace it in the right column. Once you've finished writing down a positive thought for each negative thought, read the positive thought out loud to yourself. Let's create new thought patterns to help your intention be able to come to life.

2. Tackling Mental Roadblocks

This next part is fun because it really helps bring everything full circle. This step continues to push down mental roadblocks that may arise and gives you space to work through anything left that you need to work through. Armed with answers, now we continue to fill out the boxes.

You know how you just spent thirty days answering five questions? You will answer the questions again, but this time, answer specifically pertaining to the intention that you have in the middle of your box. Look at the intention in the box. Ask yourself:

1. What is my intention? Well, this should be easy!
2. Why am I worthy? Why are you worthy of this particular intention?
3. Who can I serve? What ways does this intention allow you to serve someone else? If your intention is around your own personal or spiritual growth, that is equally important. Sometimes, the person you need to serve right now is yourself.
4. What can I set down? What are the obstacles that might be keeping you from being able to achieve this intention?
5. Who is the truest version of myself as I work to bring my intention to life? Jot down what this version of yourself looks like.

3. Taking Action

As you look at the Clarity Map, you will see empty boxes surrounding your intention. We are going to fill these with action steps, but first let's brainstorm what those steps might be. Remember the Aim and Action work you did a few pages ago? Go through the actions that you initially wrote and, with your intention in mind, write down any other actions that would help bring your intention to life. It doesn't matter if you know how to accomplish it yet or not; what's important here is that you list out all the actions that you know are required to get your desired result.

Actions:

_____

_____

_____

_____

_____

_____

_____

_____

This work you're doing here is about to come in handy! Look at the list of actions you've written down, and now circle the five that you can start doing right away and that will create the most momentum for you.

Write your narrowed-down list of five actions here:

1 _____
2 _____
3 _____
4 _____
5 _____

These five actions will each go in their own box on your Clarity Map. We will develop each action further, but look at you, you're making major progress!

Using my example, "I create an intentional family life by prioritizing our relationships and increasing the time we spend together," here are the five action items I will use to fill in my Clarity Map on the next page.

1 Nightly family dinners

2 Phones away after 5 pm

3 Talk about our feelings together

4 Cut out harmful distractions

5 Do a hobby together

Nightly family dinners

1.
2.
3.

Talk about our feelings together

1.
2.
3.

Phones away after 5PM

1.
2.
3.

I create an intentional family life by prioritizing our relationships and increasing the time we spend together

Cut out harmful distractions

1.
2.
3.

Do a hobby together

1.
2.
3.

Now, choose one action box to focus on. I will choose "Cut out harmful distractions" for this example. For the action you've chosen, make a list of the things you need to do to make that happen. I find a list of about three to five items to be best. My list looks like:

1. Limit screen time to one hour a day.
2. Keep out media and songs that don't invite feelings of peace into our home.
3. Come up with alternatives to do together instead of screen time—maybe card games would be fun?
4. Set boundaries on work hours so we can have quality time together.
5. Reevaluate friendships or people that are causing stress in our lives.

Looking at your list, you will now circle the top three things you can do first. To evaluate where to start, answer the following questions:

Is it motivating?

Is it meaningful?

Is it manageable?

List the three steps that you chose underneath your action in the numbered list. Now, you will repeat this step for all five of your actions that are on your Clarity Map! Look at this beautiful, intentional life you've just created. You've gone from feeling overwhelmed to carving out your own path forward.

Career, Business, or Entrepreneurial Clarity Maps

1. Choosing Your Intention

I'm going to ask you a question right now, and I don't want you to think too hard about it. I want you to literally write down the very first thing that comes into your mind:

What do you *really* want out of your career?

_____

_____

_____

Why do you want that?

Okay, now I'm going to ask you again. Why do you want that?

And again. Dig deeper. Is there a reason beneath the ones you gave above? Why do you want that?

One last time. Really get real with yourself. Why do you want that?

How will you feel if your career brings you that?

Let's get working on your professional Clarity Map, and it starts with the foundational piece: your intention.

Let's start by giving you some space to brainstorm what your intention might be. Use the lines below to write down any and all ideas that come to mind—no one else will see this, so don't worry about bad ideas!

_____

_____

_____

For each of these intentions, I want you to write "I" in front of it. The more concise your statement is, the easier it is going to be for you, and others, to clearly understand what it is that you are trying to build. If you're stuck trying to reframe your intention so that it can start with "I," a good pattern to follow is:

What do I do?

Who do I do it for?

What is the result?

In every project I take on, in everything I write, in every keynote I give, and in every intention I set, I follow the pattern of: "What do I do?," "Who do I do it for?," and "What is the result?" Using this framework will help you unlock a lot of clarity. In fact, let's have you answer those questions right now:

What do I do?

_____

_____

_____

Who do I do it for?

_____

_____

_____

What is the result?

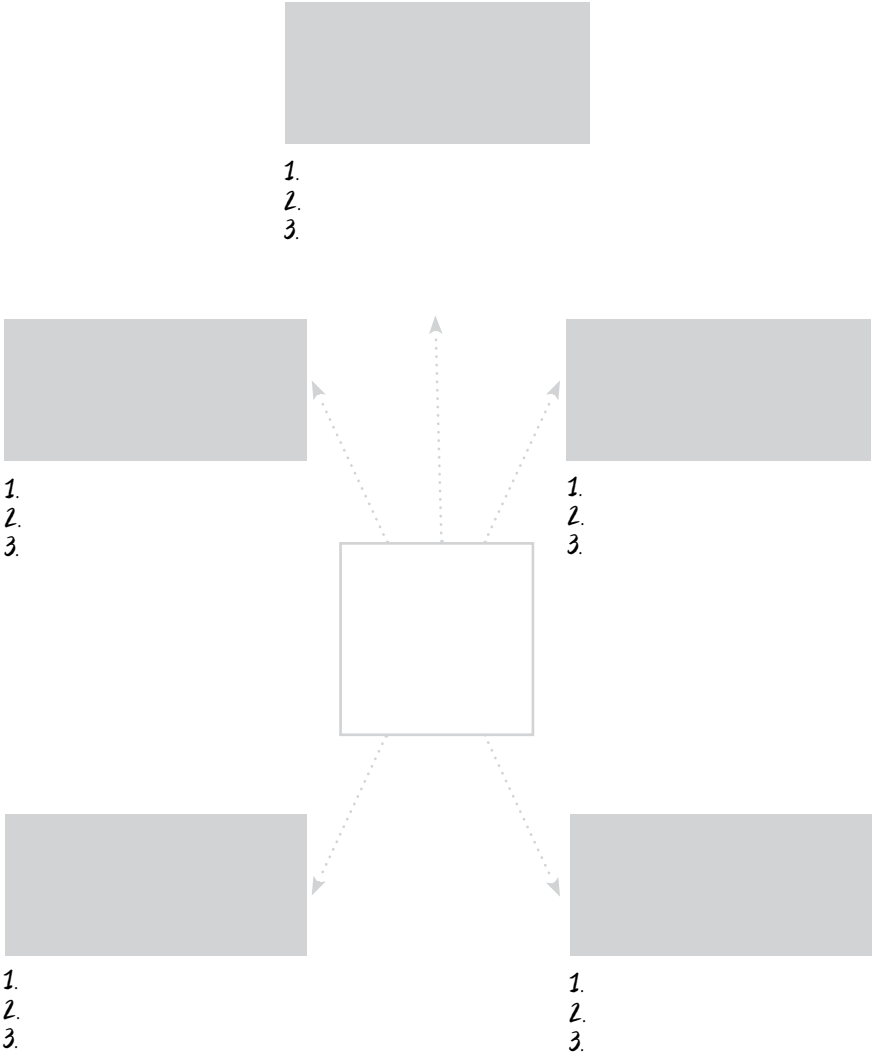
_____

_____

_____

What did that exercise uncover for you? Did it lead you to narrow down your list of intentions? Let's choose one to use in the Clarity Map. Remember, you aren't committed to this—if you get going on the map and it doesn't feel right, you can always choose another.

Now we're ready to write our intention in our Clarity Map. In the middle box on the map below, write your intention.



It gives me chills just thinking about those beautiful, guiding words that you've done SO much work to uncover! Look at the progress you've already made; it feels really good to get clear, doesn't it?

Okay, now we are going to figure out everything that needs to happen so that what is in your middle box becomes a reality. As you look at your intention, alone there in the middle of your paper, I want you to make a list of every single thought that needs reframing right now. What is coming up in your mind that might be causing some fear or apprehension? Are you worried pursuing this is going to be too hard, or you don't have enough money to make it happen, or are you telling yourself you're not qualified enough? What are the things that your mind is trying to tell you will be roadblocks to bring this to life? I have found that, often, bringing our intention to fruition requires some difficult and honest conversations, starting with ourselves.

Since you've gotten so good at reframing your thoughts, you are going to do that right now with the lies your brain is trying to convince you are true. Let's create new thought patterns to help your intention come to life.

Thoughts I Am Thinking:	Thoughts I Can Think Instead:

2. Tackling Mental Roadblocks

Here's where everything comes full circle. This step helps bring more clarity, continues to push down mental roadblocks that may arise, and gives you space to work through anything left that you need to work through. Armed with answers, now we continue to fill out the boxes.

You know how you just spent thirty days answering five questions? You will answer the questions again, but this time, specifically pertaining to the intention that you have in the middle of your box.

Look at the intention in the box. Ask yourself:

1. What is my intention? Well, this should be easy!
2. Why am I worthy? Why are you worthy of this particular intention or professional achievement?
3. Who can I serve? What ways does this intention allow you to serve someone else?
4. What can I set down? What are the obstacles that might be keeping you from being able to achieve this intention?
5. Who is the truest version of myself as I work to bring my intention to life? Jot down what this version of yourself looks like.

3. Taking Action

As you look at your Clarity Map, you will see empty boxes surrounding your intention. We are going to fill these with action steps, but first let's brainstorm what those steps might be. Remember the Aim and Action work you did on page 69? Go through the actions that you initially wrote and, with your intention in mind, write down any other actions that would help bring your intention to life. It doesn't matter if you know how to accomplish it yet or not; what's important here is that you list out all the actions that you know are required to get your desired result.

Actions:

This work you're doing here is about to come in handy! Look at the list of actions you've written down, and now circle the five that you can start doing right away that will create the most momentum for you.

Write your narrowed-down list of five actions here:

1
2
3
4
5

Those five actions are now what you fill the boxes surrounding your intention with! Pretty cool, right? My five actions were:

1 Write books.

2 Host in-person retreats.

3 Create accessible online workshops.

4 Launch a podcast.

5 Create videos for social media that women can relate to.

Each action item I chose was a way for me to reach out to the women I wanted to serve, a way for me to begin living out my intention. The actions you select don't have to be grand gestures; they can be small, meaningful steps that make sense for you and your life. The goal is to create forward motion, not to overwhelm you by thinking you need to win first place in a marathon that you've never run before.

Now, you are going to choose one action to start with. I will use "write books" as this example. I started making a list of everything I needed to do in order to write books:

1 Write a book proposal—Need to research what this looks like.

2 Send it to literary agents, or pray that one finds me! Will ask friends for introductions.

3 Set aside six weeks where I go all in in writing my book—Find out when I can schedule. Produce a book tour that creates powerful moments of courage for the women who attend.

Do this for all of your action items, and so your filled-out map will look similar to my example on the next page:

I guide women to help uncover their power

Write books

1. Write a book proposal
2. Send book to literary agents
3. Set aside six weeks where I go all in writing my book

Host in-person retreats

1. Decide what topics would benefit my audience most
2. Map out each retreat day
3. Secure venue and date

Create videos for social media that women can relate to

1. Turn speaking engagement footage into videos
2. Learn how to add captions to videos to make them accessible for everyone to watch
3. Choose one day a week to dedicate to video creation so that I'm never left scrambling

Launch a podcast

1. Create podcast name and topics based on needs I see online
2. Find podcast editor so I'm not overwhelmed
3. Confirm first five guests and record

Create accessible online workshops

1. Identify what my audience wants the most in help and community
2. Dedicate one week to filming and content creation
3. Set up a launch team

Make a list of the steps that need to be taken to bring your first action item to life here:

1 _____
2 _____
3 _____
4 _____
5 _____

Now, looking at your list, circle the top three items that will allow you to get started right away and make a big impact. When I choose my starting place, I ask myself these three questions:

Is it motivating?

Is it meaningful?

Is it manageable?

Take your top three actions and put them under your main action. Do this for every action that you have on your Clarity Map.

SECTION FIVE

Reclaim Your Power

Reflection Activity

Take a deep breath and close your eyes. Keep breathing as you imagine you've just accomplished your intention—it can be years from now or even tomorrow, depending on your intention. Picture who the people are that you want to be surrounding you, notice what you are doing and what you look like.

What does it feel like in your body to have accomplished this intention? What about your soul? What are the physical and emotional sensations?

Open your eyes and write down exactly how it felt in the space below:

Protecting-Your-Power Journal Activity

What Drains My Power?

What things, people, or experiences have a pattern of taking my power?

What is the thing that, if I let it, would keep chipping away at my worth and how I feel about myself?

What is the thing that binds me down, that makes me forget who I am and where I'm going?

How do I currently feel when I think about these experiences?

Rewrite My Story

How would I *like* to feel when thinking about these experiences?

What is the main thing in my life that I want to reclaim?

Replenish My Power

What things, people, or types of experiences inspire me or replenish my energy?

How can I cultivate these relationships or dedicate time to these activities?

What needs to be set down in order to dedicate more time to cultivating my replenishing relationships or dedicate more time to positive activities?

Schedule Time To Replenish Myself

Write down a date/time/day of the week that I know that I have time (be honest with myself!) and commit to doing that activity, no excuses.

Activity:	Date:

Did you write about a relationship, a thought about yourself, or a habit? Maybe it was a fear, a memory that has chained you to the past for years. It's okay to see it staring back at you. It's okay because the power doesn't belong to it any longer.

The power belongs to you. And right now you are choosing to take your power back from it by not allowing it to control how you view yourself and the world anymore.

Discovering Your Personal Affirmation

Think about what you want your affirmation to be. What is a need that comes up frequently for you, maybe when you're stressed or down and out? Maybe it's even something that you wrote down in the List All Your Thoughts exercise. What is that thing you want to feel? Jot your thoughts down in the space below; these elements will help you craft your affirmation.

Take a look at the words above and try blending them together in a beautiful, simple sentence that states exactly what you want. This can be a statement like "I am safe" or a fact like "I have everything I need." Your affirmation will help you reclaim your power.

Next, write your finished affirmation on a paper and stick it everywhere you need to so it continuously reminds you of the power that you hold. In fact, here's a page that you can write it on and tear out of the book to use.

Whenever you feel yourself slowing down, I want you to remember six affirmations that will help reignite your power. I wrote about these six "I Am" affirmations in *I Am Here*, because they declare what is true about you, and you can claim them. These are mantras that have changed my life, and you can adapt them as your own, change them, or use them to get ideas for new mantras that will guide you in the future. They are:

I AM a Fighter

I AM Loud

I AM Not Alone

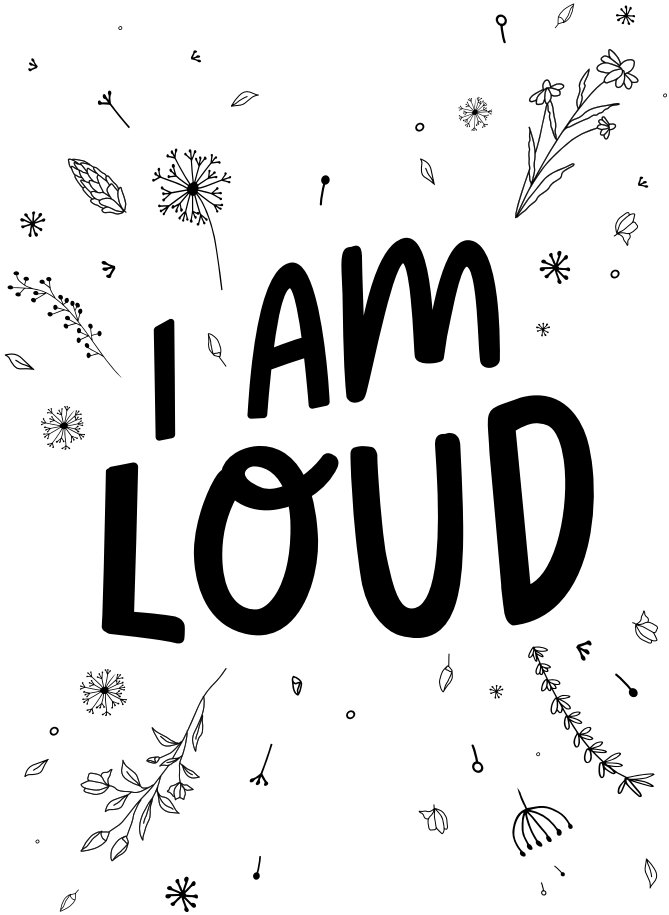
I AM Safe

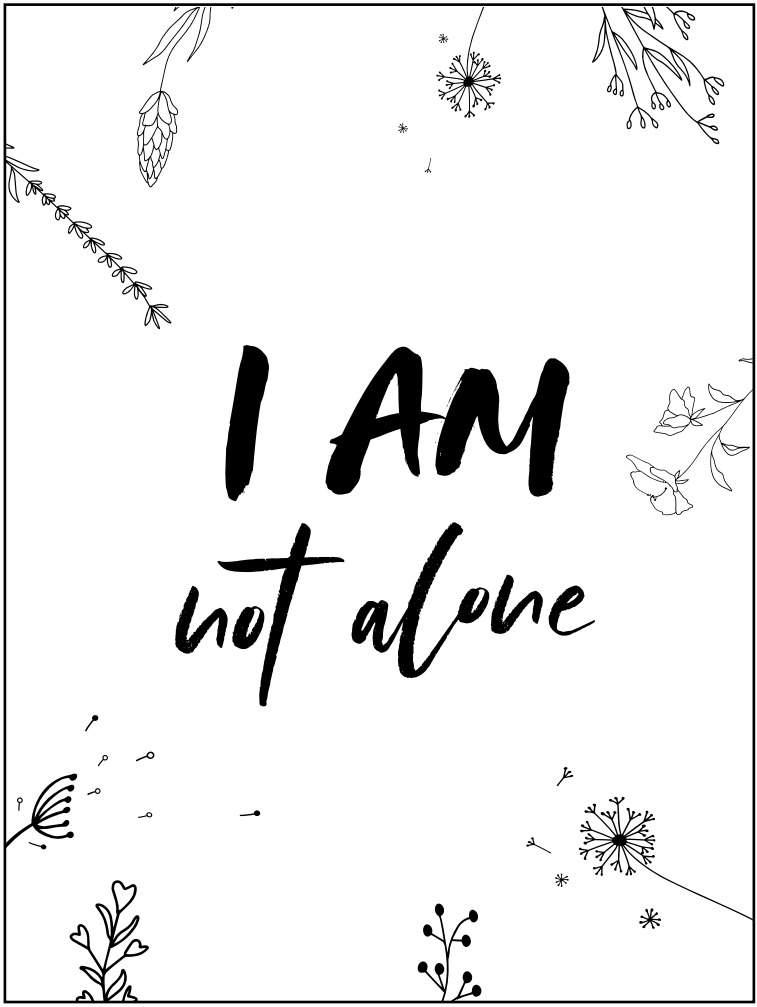
I AM the Rainbow

I AM Free

You are on the top of your mountain; don't be afraid to shout it! The affirmations I've chosen are precious to me. I've whispered them and I've yelled them. I've written them on sticky notes and emailed them to myself. When I get down about everything I'm not, they remind me of everything I AM. Take them and remember that you ARE, too.

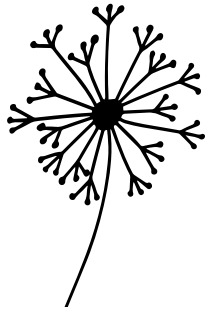
I AM A FIGHTER


I AM
LOUD


I AM
not alone

I AM
SAFE

I AM THE RAINBOW

i am

FREE