

9 AM

I am _____
(two special characteristics)

I feel _____

I know _____

I want _____

I wonder _____

I am _____
(repeat first line, or change it)

I am _____
(two special characteristics)

I've survived _____

I've created _____

I'm proud of _____

I aspire to _____

I am _____

(repeat first line, or change it)

I am _____

(two special characteristics)

I love _____

I see _____

(future vision of yourself)

I can _____

I will _____

I am _____