



# *The* **POWER OF "I AM"**



Lillian Harrison  
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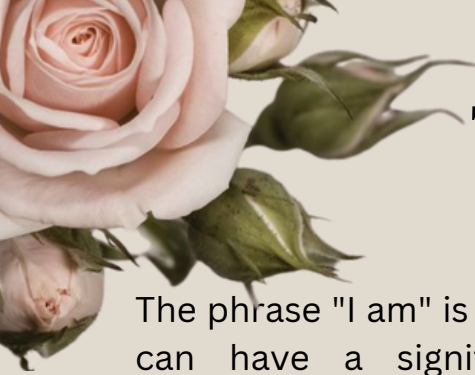


**Lillian Harrison**  
Strategic Motivator

*Lillian Harrison is a seasoned entrepreneur, women's empowerment coach, and strategic motivator with over 20 years of experience in business, economic, and community development. She has a proven track record of success in starting and growing businesses and has a passion for helping others achieve their own entrepreneurial dreams. As a women's empowerment coach, Lillian helps women to tap into their unique strengths and abilities and provides them with the tools and resources they need to succeed in their professional and personal lives. As a strategic motivator, she helps individuals and organizations to identify and achieve their goals, and to create sustainable and meaningful change in their communities. With her wealth of experience and her dedication to empowering others, Lillian Harrison is a powerful force for positive change in the world of business and beyond.*

**Loving Yourself  
Is Not Selfish**





# THE POWER OF *I Am*

The phrase "I am" is a powerful statement that can have a significant impact on one's thoughts, beliefs, and actions.

The power of "I am" lies in the fact that it is a declaration of identity. When someone says "I am," they are stating who they are and what they believe about themselves. This statement can shape the way a person views themselves and the world around them.

For example, if someone repeatedly says "I am weak," they are likely to believe that they are weak and act accordingly. On the other hand, if someone says "I am strong," they are more likely to believe that they are strong and act in a way that aligns with that belief.

The power of "I am" can also extend beyond just shaping one's beliefs about themselves. It can also shape one's beliefs about others and the world. For example, if someone says "I am a racist," they are likely to hold racist beliefs and act in a racist manner. On the other hand, if someone says "I am not a racist," they are more likely to believe that racism is wrong and act in a non-racist manner.





## *The Power of I Am, Cont'*

It's important to note that the power of "I am" can also be used for positive affirmations and self-empowerment. By saying positive statements such as "I am confident" or "I am successful," a person can start to believe in their own abilities and work towards achieving their goals.

In conclusion, the power of "I am" is a powerful tool that can shape a person's thoughts, beliefs, and actions. It is a declaration of identity that can be used for both positive and negative purposes. It's important for individuals to be mindful of the language they use when making statements beginning with "I am" and to use it as a tool for self-empowerment and positive change.



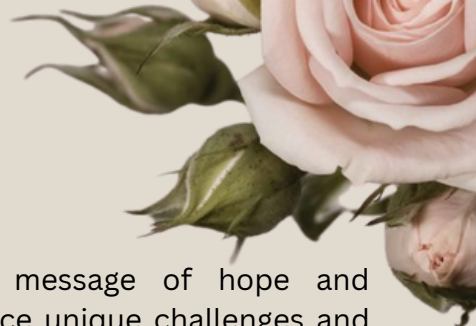


## Repeat After Me...

1. I am strong and capable of overcoming any obstacle that comes my way.
2. I am worthy of love and respect.
3. I am in control of my own life and make choices that align with my goals and values.
4. I am confident in my abilities and trust in my journey.
5. I am not defined by my past, I am constantly growing and evolving.
6. I am enough, just as I am.
7. I am not afraid to speak my truth and stand up for myself.
8. I am determined to create a better and more fulfilling reality for myself.
9. I am resilient and able to bounce back from challenges.
10. I am a powerful woman who is making a positive impact in the world.







Dearest,

I write to you today with a message of hope and encouragement. As women, we face unique challenges and obstacles in life. But, like Maya Angelou's powerful poem "Still I Rise" reminds us, we are strong, capable, and resilient. We can rise above any challenge or obstacle that comes our way.

In order to truly rise, we must first focus on healing. This means taking the time to process and heal from past traumas and difficulties. This healing process allows us to let go of the pain and hurt that may be holding us back and to move forward with a renewed sense of purpose. Remember, healing is not a one-time event, it's a continuous journey.

Once we have healed, it's time to empower ourselves. Empowerment means taking control of our own lives and making choices that will lead us towards our goals. It means having the confidence and courage to stand up for ourselves and to speak our truth. Empowerment is the foundation upon which we build our ability to rise. Never underestimate your own power, you are capable of achieving great things.

Finally, let's strive for restoration. This means rebuilding and creating a new reality for ourselves, one that is better and more fulfilling than the one we left behind. Restoration is about creating a new beginning, a fresh start, and a chance to make things right. Don't be afraid to step out of your comfort zone and explore new opportunities.

In conclusion, as women, we are strong, capable, and resilient. We can rise above any challenge or obstacle that comes our way. By combining the principles of healing, empowerment, and restoration, we can not only rise but also create a new reality of hope, healing, and success. Believe in yourself, trust the journey and never give up.

*Lillian*





## *Loving H.E.R.*

es from the ashes of her past  
With Healing in her heart,  
Embracing her Empowerment,  
And striving for Restoration.  
She reclaims her power and her voice,  
With determination in her eyes,  
She knows that she is worthy,  
And she will rise above the lies.  
Through the struggles and the pain,  
She has learned to love herself,  
To accept her imperfections,  
And to let go of the wealth.  
She knows that true strength lies,  
In the power of self-love,  
And so she rises,  
A phoenix from above.  
With every step she takes,  
She knows that she is capable,  
With every breath she takes,  
She knows that she is able.  
Loving H.E.R. means,  
Being true to who you are,  
And rising above the challenges,  
To shine like a star.  
So rise, dear woman,  
And love H.E.R. with all your might,  
For in loving H.E.R.,  
You will rise to new heights.





## How to work with me

Working with Lillian Harrison, a Strategic Motivator and Empowerment Coach, can be a powerful experience that can help individuals achieve their personal or professional goals, improve areas of their life, and overcome specific challenges.

To get the most out of working with Lillian, it's important...

- to clearly define your goals,
- be open and honest,
- be willing to take action,
- follow through on homework and exercises,
- communicate with Lillian

By following these steps, you can work effectively with Lillian, achieve your goals and make significant progress towards the person you want to be.

***Book a discovery session by going to:  
[www.loveherboutique.com/coaching](http://www.loveherboutique.com/coaching)***

