

I AM...

Have your client go through the list and identify which statements they find to be true, somewhat true, and not true at all. Process together how they decided to categorize each statement. Encourage them to take this chart and practice saying each statement.

	True	Somewhat True	Not True
I am successful			
I am nice			
I am amazing			
I am honest			
I am happy			
I am confident			
I am social			
I am open			
I am adventurous			
I am generous			
I am peaceful			
I am patient			
I am important			
I am caring			
I am strong			