

THE I A.M. RITUAL



What you Need

Willing Heart
Appreciation Journal
Quiet Space
Special Time



STEP 1

Upon Awakening

Express appreciation for being alive

Keep your attention, and focus on
you



STEP 2

With Journal in Hand
Sit in a Quiet
Comfortable Place



STEP 3

List 5 things you
Appreciate
About you
Use examples in journal
to help if needed



STEP 4

Read an uplifting Message
From a Sacred Text
A Daily Book of Affirmations



STEP 5

End Ritual
Speak Affirmation Out loud
I Love and Appreciate Me
On This DAY

APPRECIATE ME