

I AM Knowing who you are in the midst of the storm around you

Think of this exercise as an ongoing process. It is tough to get through even one of the steps in one session. Give yourself permission to pick it up, put it down, mull it over and discuss it with your coach. You can't really analyze what is right or wrong here ... this is more about accessing your inner knowing of what you know to be true about you.

Here are three steps to help you work through this:

1. **Complete the sentence** "I am ..." with a one-word answer as many times as you can, writing down each word. Pay attention to the nature of the words. Some will be "being" words which indicate how you are when acting authentically. Some will be "doing" words, which are the core abilities that you bring to a situation when you are fully present and engaged as you want to be. Make sure your list has a good complement of both types of words.
2. **Review your list of words** and start to notice patterns and try to roll them up into new one-word themes. For example, hard-working, driven, and dedicated might get rolled up to "engaged". Notice that some words may start to have less of a draw for you. That's okay as our creative processes drive out many ideas. Notice also if there are any words that you feel "should" be on the list and ask yourself if you truly want them there. Take the words that have the most impactful meaning to you ... ones that you have known about yourself for the better part of a lifetime.
3. **Use these themes** to write a short paragraph of one to three sentences that describe you succinctly when you are centered and on top of your game. The purpose of this statement is to create a personal "mantra" for yourself that allows you to stand strong like a "lighthouse in a storm" (remember that famous picture?). You may find that new words creep into the statement as you craft something that flows for you ... go with it ... the point is to have something that really resonates at the end.

Here's an example:

I am a dynamic listener who facilitates progress for others by taking separate ideas and concepts and synthesizing new ways of moving forward. I am relational by nature, motivated by deep connections with others but also energized by beauty, creativity and embracing a power bigger than me.