lam respectful ambealtiful Example: 1 am supportive Cultivate the Moments I am worthy of love lam optimistic I am caring I am generous I am authentic I am creative am acceptine lam fun lam understanding The second of th 1 am compassionate am welcoming





ACTIVITY INSTRUCTIONS:

In this activity you will take the 'I am' statements from the Value Activity and have them written out from the middle. See the example for more information