

Class 9

I AM Statements

Beautiful Actions

Wellness Tools for Sanity and Success Course

Laura Hansen Community



Angela Kesting

I AM calm, clear and grounded in my own space.

Beautiful Action: Give myself the gift of being less suspicious.



Anne Staines

I AM positive, engaged, energetic, sympathetic, patient, wise, empowering and fun.

Beautiful Action: Practice affirmation and loving thought.



Joan Marie

I AM fully present.

Beautiful Action: Be present to enjoy the joy and mirth throughout each of my cells.



Lynne Davie

I AM grace.

Beautiful action: Be open and receptive.



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Patti Anne Tower

I AM self-accepting.

Beautiful Action: Go to sleep right after class.



Susan Rueppel

I AM breathing easy – breathing in inspiration and breathing out stress.

Beautiful Action: Walk around the block during the work day.



Victoria Meyn

I AM able to handle my day with confidence and love

Beautiful Action: Nourish my body with drink, relax and swim.



Laura Hansen

I AM here.

Beautiful action: Embrace a self-image of divine self.

