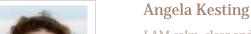
# Class 9

#### I AM Statements Beautiful Actions

Wellness Tools for Sanity and Success Course Laura Hansen Community



I AM calm, clear and grounded in my own space. Beautiful Action: Give myself the gift of being less suspicious.



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.











# Class 9

#### I AM Statements Beautiful Actions

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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.

