

The great 'I AM' worksheet



This is an excellent way to declare **who** you are and **why** your work matters.
No one on earth can do what you do, in precisely the way that YOU do it.

Only one rule: Don't over think it!

The worksheet is designed to be completed by hand on paper and FAST!

So **PRINT THIS WORKSHEET OUT** and grab your favourite pen.

Don't edit or go back and change anything, just let the thoughts jump onto the page.

It's adapted from a worksheet by Alexandra Franzen (www.AlexandraFranzen.com)

INSTRUCTIONS

The great I AM worksheet includes 10 elements.

Give yourself TWO MINUTES to complete each element. That's it.

We often give ourselves (way) too much time to make it 'perfect' – and send ourselves into maddening spirals of confusion in the process.

When you give yourself a ferocious time limit to pour out your thoughts, magic transpires.

We need to stop writing from the head, and start writing from the heart and home.

So, take a deep breath, get your heart and home fired up and let's go!

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1. I am a...

(Insert your job title here)

Don't worry if it sounds 'boring'. Don't worry if it sounds 'braggy'.
Definitely don't worry if it sounds 'wacky'.

Jot down the very thing that comes to your mind first.

2. But really, I'm a...

Who & what are you...really?

What's your secret name? Your dream title? Your superhero alias? (Don't mull over it. Just go.)

3. I'm amazing at...

Jot down the first three or four things that bubble up, don't think too hard.

Circle the one that feels like something you'd like to be *known* for.

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4. And I've devoted most of my life to...

Studying / exploring / questioning / mastering / helping / teaching / fixing / leading / sharing / serving / doing ... *what?*

5. When you work with me, you can expect...

Jot down the **benefits** that other humans receive, when they partner with you (or listen to your words, or see your work, or get one of your legendary appreciations...)

6. And you'll probably be surprised & delighted by...

Got quirks, hidden talents, or an unexpected approach to your line of work?
Put it here.

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7. My work matters because...

It alleviates the suffering caused by _____

or It makes the world a _____ place

or It allows people to experience _____

or Without it, we'd all be _____

Or, what?

8. And I'm here to remind you that ...

This is your message, your final battle cry, the big WHY.

Here's where you get to express your values, the words that are going to be inscribed on your tombstone.

You're not confused. You've got this! GO.

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9. My question for you is...

What do you secretly wonder about everyone you meet?

What do you wish your fellow human beings would ask themselves?

What's your favourite ice-breaker, soul-shaker, conversation-maker?

10. To sum it up? I am...

...not for the faint of heart.

...the slightly-psycho auntie you always wanted, but never had.

...a work in progress.

...a work of art.

...a teacher, a student, and everything in between.

...completely astonishing.

...(your closing thought, here)

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11. Now take a deep breath and weave it all together...

I am a ...

But really, I'm a ...

I'm amazing at ...

And I've devoted most of my life to ...

When you work with me, you can expect ...

And you'll probably be surprised & delighted by ...

My work matters because ...

And I'm here to remind you that ...

My question for you is ...

To sum it up? I am ...

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You're done.

You're amazing.

And you're NOT CONFUSED.

Did I say you're amazing?



*"Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond
measure.*

*It is our light, not our darkness, that most
frightens us."*

- Marianne Williamson