I AM... SO MANY THINGS AND MORE!

Take a BIG piece of paper and write: "I AM", right in the middle of the sheet.

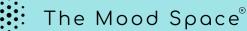
Now, take a cue from the following list of words and feel free to start writing these words around "I AM", in any order. Remember, there is no right or wrong, and you can be as many things as you want to be.



To make this activity a little easier for you, we've listed down some words that you can choose from, but remember that this is not an exhaustive list. Feel free to write other words that you associate yourself with.

PS: This little sheet of words can also be printed out and used to create your special "I AM" board. So, get your craft supplies and let's build your board, together.





I AM....

Independent Curious Creative Empathetic Resilient Resourceful Adventurous Ambitious Optimistic Sensitive Humble Kind Driven Enough Empathetic Compassionate **Open-minded** Honest Loyal Thoughtful Patient Persistent Organized Confident Loving Lovable Reliable Generous Passionate Self-aware



Non-judgmental Athletic Musical Spiritual Humorous Caring Brave Wise Trustworthy Intuitive Respectful Positive Forgiving Grateful Peaceful Flexible Disciplined Motivated Persevering Self-disciplined Good listener Problem-solver Talented Insightful Communicative Welcoming

Dedicated Diligent Purposeful Goal-oriented Productive Self-sufficient Reflective Self-improving Self-loving Honest Ethical Morally grounded Progressive Futuristic **Risk-taker** Analytical Strategic Introspective Motivational Inspirational Encouraging Nurturing Empowering Supportive Adaptive Knowledgeable Intelligent



The Mood Space®

Feel free to print this sheet and create your own 'I AM...' board with the adjectives given above!





This board can act as a reminder of all things you already hold within yourself. What's more? You can also use these self-affirmations when you feel low and need that little pat on your back, from yourself.

If you, or someone you know is looking to seek professional help, reach out to us at <u>https://www.themoodspace.com/getstarted</u> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.



