

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



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 <https://www.themoodspace.com/getstarted> 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.

