

“I am...”

a Mighty exercise in self-talk

Directions: Fill in the columns on the next page using the 40 adjectives below to describe either what you feel you are or what you want to work toward becoming.

Did you know?

Stating affirmations is a simple yet powerful way to shift and build perspective using self-talk.

Reflection Questions

What does "self-talk" mean to you?

How does self-talk shape how you see yourself?

What does each word mean to you?

How does each word describe you and your experiences?



Powerful	Realistic	Happy	Dedicated
Ambitious	Trustworthy	Honest	Hardworking
Brave	Enthusiastic	Committed	Bold
Intelligent	Alert	Fearless	Responsible
Patient	Trusting	Capable	Creative
Confident	Reliable	Adventurous	Expressive
Insightful	Loving	Beautiful	Calm
Strong	Authentic	Supportive	Optimistic
Disciplined	Skillful	Determined	Productive
Focused	Open-minded	Independent	Dynamic

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Directions: Cut and paste or write in your adjectives using the columns below.

I am...

I am working toward being...