

I Am Statements

Fall Semester, 2018

Results

Monday afternoon: 2pm

- I am a strong, family-oriented person who loves to lead the pack, never follows.
- I am going to live my life by learning to accept myself. I pursue my goals and passion, while willingly to accept both my achievements and failures.
- I am strong and compassionate enough to get through the day, while trying to connect with others every day.
- I am a caring person who is loved by many and is willing to love others. I may have to face vulnerability along the way, but I am willing to take the risk.
- I am loved by friends and family and am determined to succeed for them and myself.
- I am worthy enough and good enough to be deeply seen in a way that better myself and those around me.
- I am a loving, caring, and compassionate person who vows to help others connect to themselves and others and feel loved by many.
- I am a powerful person that will encourage and uplift myself and others around me.
- I am wholeheartedly attempting to find meaning and build connections by sharing my passions with others.
- I am a joyful and caring person who is deeply loved by others and is determined to believe I am enough.
- I am someone who loves helping others with their problems to bring them joy and a solution because that brings me joy.
- I am a kind-hearted, emotional being who desires to genuinely help people, whether it be spiritually, mentally, or emotionally.
- I am a kind, loving person who seeks the best in everyone and reaches the inevitable.
- I am a peaceful individual who is in love with the person I am and will become as I continue to be my best self every day, while living my best life.
- I am human. I make mistakes and I'm not perfect, but every day I try to be the best version of myself possible.
- I am living by faith and trusting I will become the person I am meant to be, while loving others, my family, and the struggles I may face.
- I am a winner, but a loser that tried one more time.
- I am a beautiful, young lady that has the ability to encourage myself and others to be loyal and love unconditionally.

Tuesday morning: 9am

- I am 100% unapologetically finding and becoming myself to make myself and the world around me the best it can be.
- I am a strong individual who will work hard to make sure I am the best me I can possibly be.
- I am flawed, but accept it since I am continuously learning, growing, and improving every day as I challenge myself.
- I am a young black woman who is intelligent, driven, and focused and willing to show my emotions even in awkward situations.
- I am a powerful and compassionate soul who is willing to dedicated to any person or cause for the greater good.
- I am a strong, independent black woman that does not regret who I am or ashamed of my past.
- I am a powerful and strong-minded college student achieving greatness to fulfill my best life.
- I am becoming the greatest version of me, while at the same time, hoping to positively impact others from the experiences and the life I'm living.
- I am a hard-working individual that takes on challenges I'm faced with in my life.
- I am getting to know myself and becoming a new, open person each second of the day.
- I am stronger than I thought and hope that I can gratefully stay strong-minded throughout my college journey.
- I am learning who I am, growing as a person, and determined to help others in any way possible.
- I am a child of God who shares/gives love and compassion to others around me.
- I am a white, amazing male athlete that cares about everyone and just wants to know everything so that I can help everyone because everyone is my friend and I want them to smile. I am Nicolas!

- I am finding myself and being a strong, independent, and loving woman along the way.
- I am a young, black woman who is still learning her own self and still learning to love the hand she was dealt. A woman who is loving and caring and worthy of anything.
- I am trying to become my best self by being strong in every situation and learning how to push through.
- I am becoming a person that has a strong mindset and going to use that every day for the rest of my life to help people.
- I am finding myself through loving and trusting regardless of the possibility of confrontation.

Tuesday morning: 10am

- I am not perfect, but I don't have to be.
- I am a very strong person that is open and willing to do anything I put my mind to.
- I am learning who I am and who I want to be!
- I am REAL!
- I am accepting of myself.
- I am good enough and willing for so much more than before.
- I am ready to succeed and become the best person I can be! 😊
- I am trying to be my best self.
- I am capable of doing any and everything I put my mind to.
- I am a loving and compassionate person that strives to make new relationships and be a constant source of comfort and encouragement.
- I am overcoming.
- I am a person who is overcoming my past to create a better future.
- I am a strong, hard-working, independent woman that will be okay after all is said and done.
- I am walking in my purpose.
- I am in control of my life. I can influence it however I see fit.
- I am embracing my past and my illness in order to help others and myself to live a life of strength and hope.
- I am a hard-working, blessed, god-giving, talented person.
- I am a supporter.
- I am trying to be the best version of me but that does not mean I am going to be perfect.

Tuesday morning: 11am

- I am working on myself every day to become an inspirational, strong-hearted individual who will soon become a polished, finished product.
- I am who I am because of my past and I would not change one thing about myself.
- I am a fighter trying to live my best life every day without giving up.
- I am becoming a better person each day.
- I am a warm and loving person who will help those who are in need.
- I am content with myself but it's time to be vulnerable and open up to people.
- I am trying my best to remain positive through every situation.
- I am becoming a stronger and better me every day in every way.
- I am becoming my best self, for myself and for others.
- I am trusting in the Lord to guide me in the direction HE has planned for me.
- I am striving to be in control of myself mentally, physically, emotionally, and spiritually and deserve infinite love from myself and also give it to others.
- I am living my best life – taking life every day and doing the things that make me happy!
- I am someone that is compassionate towards others and seem to improve in my everyday life.
- I am working towards finding my authentic self so I can be my best self for the world and for myself.
- I am living to overcome vulnerability in the best way.
- I am trying to figure out myself, trying to balance my life between school and my personal life.
- I am becoming a learning, family-oriented woman striving to the best she can be.
- I am...an imperfect mess just trying to find my way and purpose in this world.

- I am a positive person who is motivated to work hard and be successful, so in the future when I eat, my family and friends eat.

Wednesday morning: 10am

- I am content with making mistakes in order to better myself.
- I am going to be the best that I can be despite all of the obstacles that I am going to face.
- I am happily imperfect!
- I am becoming my best self – all day, every day.
- I am doing everything I can to be the best version of myself in everything I do.
- I am preparing myself for the future, hoping to learn more about myself in the future.
- I am becoming who I'm meant to be as time goes on, learning how to live in the moment.
- I am human and like most, I am trying to make each day a better day, not only for me but for others as well.
- I am learning to be me.
- I am worthy of loving myself the way others love me.
- I am not afraid to be myself and hope I can inspire others to do the same.
- I am a hopeful person that is ready and prepared for whatever life throws at me.
- I am going to listen to others as well as myself.
- I am trying to become the best self I know I can be.
- I am learning and growing into the strong, independent woman I was created to be.
- I am a college student trying to figure myself out, trying to pursue my dreams and change the world for the better.
- I am ALIVE!
- I am building myself through an optimistic eye that I will achieve all of the goals I have set for myself.

Wednesday morning: 11am

- I am put on this earth to show that nothing is impossible. The only thing impossible is nothing.
- I am here to care for others with compassion and love.
- I am living right now, improving myself to achieve a successful life in the future.
- I am an achiever that is ready to impact the world.
- I am beginning to live my best life – in every way, each day.
- I am taking each new day with a new and better mindset than the previous day.
- I am determined to become a better me and continue to be someone's inspiration.
- I am kind-hearted and passionate, making sure I impact the hearts of people I come into contact with.
- I am struggling but always looking for ways to improve and ready to bring others around me up to their highest potential as well.
- I am not perfect, but my family loves me anyway.
- I am a loyal friend who loves to help others before I even love and help myself.
- I am a talented individual searching for my niche in the world.
- I am determined.
- I am getting better and working on myself to get better and get to my goal.
- I am Ayeah and I am blessed to live the life that I live, choosing to be who I am – EXTRAORDINARY!!
- I am worthy of love, success, and belonging and want to make sure others feel the same.

Wednesday afternoon: 2pm

- I am imperfect and sometimes very sensitive but everyday I strive to be the best version of ME!
- I am a goofy person who is putting a smile on a stranger's face.
- I am a loyal, loving, Christian who will do anything for my family and always provide laughs.
- I am somebody who wants to make people happy, help others in need, and have an open mind to everyone and everything.
- I am helpful, dependable person so that I make others feel I'm there if they need a hand, so the outcome is I'm happy to be a helper.
- I am working to not only live my life to the fullest potential but to also be a positive light in the lives of people around me.
- I am going to follow my own path and be the best I can be every day.

- I am becoming my best self by learning and experiencing different things to help me be a better me.
- I am an open-minded, non-judgmental beyond caring, nice person that wants to cling to that part of me because it's what I'm most proud of and what I always want to be.
- I am willing to overcome any obstacles that I may face in order to achieve my goal to help others and to prove to myself what I'm capable of.
- I am...motivated and determined to help others and myself become the best version of ourselves possible.
- I am striving for greatness while helping to achieve everything I've planned to.
- I am fearless, understanding that fear is not real but merely a figment of our imagination and I refuse to be immobilized by it.
- I am a blessed human being who is grateful and motivated and that makes wise choices to become the best person I can be.
- I am exploring my future.
- I am learning how to be my best self and make more connections with people.
- I am becoming my best self and devoting my time to say I'm worthy enough in every aspect.
- I am special, powerful, and passionate. I will help myself succeed every day and in the process help others in every other way.
- I am loved, accepted, and blessed, trying to be a positive influence on others.
- I am capable, regardless of anything, of loving and being loved, of taking care of myself, of being the best version of me possible, and of knowing I am enough.

Thursday morning: 10am

- I am going to help others improve while becoming more vulnerable myself.
- I am afraid of vulnerability, but I want to open up, come out of my shell. I want to have a positive mindset and strive to be my best self.
- I am a caring, creative, and striving human who want to support and encourage others.
- I am ready to become my better self, always keeping in mind that I am enough to do so.
- I am...here for a purpose, to make a difference, and influence the lives of others.
- I am loving, kind, helpful, hard-working, and a leader.
- I am hard-working because I am striving to be successful and stable in my life.
- I am a compassionate, vulnerable, loveable person capable of showing empathy – even to those that have wronged me.
- I am motivated to get my family out of the hood, be the first one to finish college and get my degree, and end the evolutionary deficit my family is in.
- I am an independently driven, family-oriented, kind-hearted, intelligent, and strong-minded girl who is on the pursuit for happiness.
- I am a strong, independent woman destined for greatness and aiming to become a doctor in my future endeavors.
- I am a God-fearing, compassionate young woman who is driven to work hard to be the most successful, perfectly imperfect person I can be.
- I am grateful, blessed, and important enough to make a difference and be the best person I can be.
- I am capable of achieving the level of success that I desire for myself. I have what it takes. I will.
- I am worthy of being happy by living my life for myself wherever that path may lead me.
- I am going to push through each day to become the best version of myself and embrace the obstacles that are thrown my way.
- I am a compassionate person looking to step outside of my comfort zone every day to serve others and believe in my worth.
- I am giving back love to those who don't feel worthy enough and taking in the good and the bad.

Thursday afternoon: 3pm

- I am going to put forth my best effort every day in becoming the woman I know I can be and achieve my goals.
- I am one who stands out from the crowd, knows herself, and isn't easily influenced by others, and one who gracefully strolls through life, sending love everywhere to everyone who pops up along the way.

- I am a person that can help people and become a better me every day. And to know that life might change but my never will.
- I am imperfect, but I am trying to be the best I can be by being true to myself.
- I am a hard-working, success-seeking person who tries to improve herself every day.
- I am Shania, who is learning to accept the things I have no control over and accepting myself.
- I am going to become more involved in my community, so I can make a difference in today's society and impact many people in a positive way.
- I am a strong, passionate person whose goal is to help others be the best they can be.
- I am a young girl who is not perfect, but I believe that I can become the best woman I wanna be.
- I am a beautiful, great spirit, working to be the best version of myself every day, as much as possible.
- I am willing to help others by giving my all and showing compassion towards them as well as myself.
- I am a strong, caring girl who works hard in life and overcomes anything life throws at me.
- I am not perfect, but I am striving to accept myself for who I am and be the best me I can be.
- I am going to put my trust in something bigger than myself, remember to live more passionately, and not take anything for granted.

Friday morning: 9am

- I am loved, strong, determined, dedicated and worth something to so many people.
- I am kind, loyal, big-hearted person trying to live my best life. I'm here taking the risks to see where life takes me.
- I am grateful for whatever the day will bring me, whether it is happiness or exciting.
- I am kind to others and myself, accepting imperfection, and learning to be confident.
- I am enough, and I will do my best everyday to encourage myself and others.
- I am a person who deserves happiness, love and compassion. I try my best to support others when they need someone to lean on and even support myself.
- I am not perfect and that's okay because I am still loved. I am still strong and I am grateful to be living my life.
- I am working and bettering myself for the future, while helping others regardless of whatever I am going through.
- I am going to be a positive influence for others, while embracing every flaw I have that I am insecure about.
- I am full of flaws that shape me, but also a girl with a strong heart, who stays true to myself and wants to pave my own future while always being open for help from others.
- I am willing to be vulnerable and start breaking down my guard, so I can be more loving to others.
- I am moving through life with positivity, hoping to one day be satisfied with life and all that it presents to me!
- I am accepting that perfect does not exist but I am loved and able to grow and change.
- I am...determined to get through this crazy thing we call life, knowing I'm loved, and by helping others along the way.
- I am accepting of becoming who I am meant to be rather than who I want myself to become and going to better myself in every way possible for myself and the others around me.
- I am accepting my imperfections to allow myself the freedom to better myself and grow every day.
- I am a positive and kind male that is just _____ to make a positive impact on life and be better than my parents by going to college to make my mom proud and to show my younger sisters that college is _____ and to be their role model.

Friday morning: 11am

- I am an African American woman living through my eyes and others. Striving to be the person that I want to be. I have motivation and determination to one day help others.
- I am and must remain compassionate with myself; I refuse to be my own worst critic. I will never spew hate as others have and I will work to show others the benefits of being authentic through vulnerability.
- I am a loving and thoughtful person that plans on succeeding in my future though the help of my family, friends, and professors.
- I am on a journey to a better life, a better attitude, and overall, a better me!
- I am a caring and loved person striving to help others find their worthiness as I am doing for myself.
- I am focused on getting the best version of myself, with the start of this new chapter, living my best life, each and every day.

- I am a courageous, determined, and compassionate person striving to help others reach success as I do the same for myself.
- I am determined to be happy in all aspects of my life and to help others any way I can.
- I am a caring and loving person that will always be there when a friend is in need – no matter the distance.
- I am a growing teen who will make it through the hardships of life.
- I am willing to be vulnerable because I know that I am enough for my friends, boyfriend, and parents.
- I am loved, enough, strong, and compassionate, trying to become my best self.
- I am an outgoing and funny person that puts a smile on people's faces after having a rough day.
- I am a loving, caring, and sensitive person who wants to spread love and happiness to everyone I meet.
- I am someone who wants to give to the people in need and that's what makes me special and generous.
- I am a compassionate and kind person ready to help anyone who cannot help themselves.
- I am a courageous, responsible young adult pursuing my dreams.

Friday afternoon: 1pm

- I am an independent, struggling, but brave young woman, figuring life out, writing my story, leaving my mark, and changing lives. I am beautiful and worthy to be whomever I want to be.
- I am...imperfect, having to be in a two-cancer family and anti-Semitism in my life; I want to be better and improve my life in a positive matter.
- I am growing more confident in myself by understanding that I am not perfect, but also that I am good enough for the people I care about.
- I am a black female who is caring, loving, vulnerable and willing to be the best me I can every day to be my perfect self.
- I am going to believe that I am enough and love with my whole heart, even though nothing is guaranteed.
- I am myself and I am proud of where I came from.
- I am a kind-hearted person who appreciates and wants to understand the individuality of others.
- I am willing to do whatever to make myself and others around me feel good every day. I am enough.
- I am worthy of being loved and feeling like I belong, while living my best life every day.
- I am...someone who will start every day with a positive attitude and not let bad things that happen mess that up.
- I am going to accept myself first before others and help make others confident with who they are because I am fearfully and wonderfully made.
- I am a woman who believes in God, helping others through peace and love, and in the process of loving others just as much as I love myself. I am different, loving, and enough.
- I am compassionate and full of life. I want to help others feel the same way and I want to continue to feel that way.
- I am a strong individual who is honest with myself. Although, at times, I may struggle within, I think to myself how much of a gem I am and that keeps me motivated.
- I am good enough for anything I believe that I can do. I know that I am not perfect – and that's okay. I am vulnerable in certain situations and I can't please everyone. I am not seeking approval from anybody. Therefore, I am going to love myself even if nobody else does and I am going to love my best life because you only live once.