



BECOMING A JOYFUL WARRIOR STRATEGY: I am AMAZING!

HOW OFTEN DO YOU GET TOLD YOU ARE "AMAZING"?

How often are you told you are "amazing", for no obvious reason ~ other than you were BORN, you EXIST, and you are HUMAN?

How does it feel when someone tells you, You Are Amazing?

Do you smile (even a little bit)?

Do you feel good inside (just a little bit)?

Do you notice you sit up a bit straighter?

If you answered 'yes' to any or all of these questions ... YAY! Go You!

DO YOU KNOW HOW AMAZING YOU ARE?

These are the different replies people share, when asked that question:

- The Immediate Response: "No, I'm Not."
- The Questioning Response: "What Do You Mean?"
- The Blank-Look-with-No-Verbal-Communication Response which comes with the 'Are You Serious' facial expression.
- Then there's the one person, every so often, who bursts into tears ... and the one person who knows exactly How Amazing they are and they tell me so.

(Which one was your reply??)

IT'S YOUR TURN TO ACCEPT
YOUR AMAZING-NESS.

A decorative border with a repeating floral pattern in shades of green, teal, and gold, framing the central text.

YOUR TASK, IF YOU ARE NOT QUITE AT THE POINT OF BELIEVING YOU ARE AMAZING, IS TO REPEAT THIS AFFIRMATION:

I AM AMAZING!

Repeat it multiple (at least 3) times in the morning, multiple (at least 3) times in the middle of the day, and multiple (3!) times before bed. And any other time you think of it (like when you are driving, or in a boring meeting, or washing the dishes etc).

IF YOU ARE A BELIEVER, DO THE PRACTICE AND ALSO TELL EVERYONE AROUND YOU THAT THEY ARE AMAZING!

Remember, when someone tells you that you are amazing, you respond with:

“THANK YOU. SO ARE YOU!”

This practice encourages you to Remember Who You Are. The Essence of YOU is a most beautiful and joyous thing. It's your True You.

Note To Self: If your self-image is in any way underdeveloped, this is how you begin the reprogramming journey.

DID YOU KNOW YOU ARE AMAZING?

(THANK YOU! SO ARE YOU!)