

Free "I AM" Download

I AM / I AM NOT

Rewrite Your Inner Dialogue. Walk in Truth. Build Confidence.



Dr. Freda K.

Dr. Freda K. Johnson, LCSW-S

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Welcome

Your inner voice is powerful.

The words you speak over yourself shape your confidence, your decisions, and ultimately—your identity.

For many of us, negative self-talk has become automatic:

“I’m not good enough.”

“I always mess up.”

“I’ll never change.”

But those thoughts are not truth—they are patterns.

This guide is designed to help you:

- ✓ Identify negative beliefs
- ✓ Replace them with truth
- ✓ Begin rewiring your mindset daily

This is where transformation begins.

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HOW TO USE THIS GUIDE

Step 1: Read Daily

Choose 3–5 affirmations each day.

Step 2: Speak Them Out Loud 🗣️

Your voice reinforces your belief.

Step 3: Mirror Work (Powerful Practice) 🪞

Stand in front of a mirror and say each statement with intention. Repeat 2-3 times.

Step 4: Be Consistent 📅

Transformation happens through repetition—not perfection. Bonus mirror tracker is included in back of the guide.

Step 5: Reflection Prompts 🧠

Use these prompts to uncover thoughts shaping your identity. Awareness is the first step to real and lasting change.

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I AM (Truth Statements)

- I am confident
 - I am worthy of love and respect
 - I am capable of growth and change
 - I am strong, even in difficult moments
 - I am becoming the person I was created to be
-

- I am resilient
 - I am enough
 - I am walking in purpose
 - I am growing daily
 - I am aligned with truth
-

- I am disciplined
- I am focused
- I am in control of my thoughts
- I am healing
- I am valuable

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I AM NOT (Releasing Statements)

- I am not my past
 - I am not my mistakes
 - I am not a failure
 - I am not defined by negative thoughts
 - I am not stuck
-

- I am not who fear says I am
 - I am not broken
 - I am not limited
 - I am not powerless
 - I am not controlled by doubt
-

- I am not what others say about me
- I am not giving up
- I am not living in fear
- I am not settling for less
- I am not staying the same

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FAITH-BASED IDENTITY

- I am loved by God (Romans 5:8)
- I am chosen (1 Peter 2:9)
- I am strong through Christ (Philippians 4:13)
- I am fearfully and wonderfully made (Psalm 139:14)
- I am more than a conqueror (Romans 8:37)
- I am renewed in my mind (Romans 12:2)

Truth Reminder:

God's truth is greater than any negative thought.

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REFLECTION PROMPTS

Take a moment to reflect:

1. What negative thought do I struggle with most?

2. Which "I Am" statement do I need to believe more?

3. What "I Am Not" statement do I need to release?


4. What would change in my life if I truly believed these truths?


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Ready to Go Deeper?

This is just the beginning.

If you're ready to fully transform your mindset and identity, continue your journey with:

 *Who God Says I Am* – 30-Day Devotional and Companion Workbook for deeper transformation

 *I AM / I AM NOT* – 30-Day Guided Journal

- ✦ Turn awareness into lasting change
 - ✦ Break negative self-talk at the root
 - ✦ Build confidence that lasts
- 👉 Start your full transformation journey today

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Bonus Page: Mirror Work Tracker

Instructions

Use this page to track your mirror work practice each day.

Consistency is more important than perfection.

Check each box after completing your mirror work.

Daily Checklist

- Day 1
 - Day 2
 - Day 3
 - Day 4
 - Day 5
 - Day 6
 - Day 7
-

- Day 8
 - Day 9
 - Day 10
 - Day 11
 - Day 12
 - Day 13
 - Day 14
-

- Day 15
- Day 16
- Day 17
- Day 18
- Day 19
- Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

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