



Finding your Inner Genius

"I AM" Exercise

*live
your
dream.*

I AM



Fill the 3 tabs in
with your genius
areas

"your genius areas are beyond
your strengths, they are what you
do naturally everyday or most of
the time that bring you
confidence, strength, and
happiness. It's your path to
success." --Connie Kanella
Aramento

	Blue Tab	Yellow Tab	Grey Tab
What about this is unique about me?			
How & When do I do this?			
How does this make me feel?			

Today....
I am ALIVE
I am HEALTHY
I am FIT
I am CONFIDENT
I am HAPPY
I am FULFILLED
I am MINDFUL
I am BALANCED
I am EMPOWERED
I am INSPIRED
I am STRONG
I am ME
I am SOUL SYNCED

soulsync
WELLNESS