

May I AM ME IN MAY!

2024

How you talk to yourself matters!

5 I am true to myself.

6 I am enough.

7 I AM INSPIRING.

8 I am worthy!

9 I am FREE!

10 I AM FEARLESS!

11 I am BRAVE!

12 I am unashamed.

13 I am unstoppable.

14 I am perfectly me.

15 I AM POWERFUL!

16 I am BOLD!

17 I am gloriously imperfect!

18 I am amazing just as I am!

19 I am at peace.

20 I am passionately alive.

21 I AM FUN!

22 I AM A SMART ROCKSTAR!

23 I am a great friend.

24 I AM WORTHY OF BEING LOVED.

25 I am a lover of life!

26 I am not afraid to start over!

27 I am no longer invisible.

28 I AM JOYFUL.

29 I am willing to be seen & heard.

30 I AM CONFIDENT.

31 I AM ALL THAT!

Your words matter. What words follow "I AM" matter. **YOU MATTER!**

WHAT ARE YOU SAYING TO YOURSELF? SPEAK TO YOURSELF WITH LOVE!

Download and print at campattagirl.com/calendar - Tape to your bathroom mirror so you see it everyday. Repeat the "I AM" phrase at least 10 times throughout the day!