

**I
AM**

For Executives

By Gilda Graham

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About the Author:

Gilda Graham's spiritual journey began with reading the works of Gary Zukov, Louise Hay, Eckhart Tolle and Gabrielle Bernstein. As she applied their teachings in her everyday life, she realized the feeling of being burned out began to subside. After 4 years of shifting her mindset and perspective, the burnout was gone, and she was able to balance a chaotic career with a rich and plentiful life.

She wants this for you, too, which is why she created this pocketbook of I AMs.

Intent

Life is tough and most of the time doesn't go the way you planned. Everyone hits a low at one point or another. That meeting that you thought was a hit might not have worked out. That promotion might have come with duties that you didn't want or hadn't anticipated.

This pocketbook is meant to be used before beginning your workday, before heading into a meeting, or through a difficult transition in your everyday work life.

This is about a work-life balance and living a healthy lifestyle. Stay in your alignment.

I am worthy.

A desired professional.

I am a goal achiever.

A go-getter.

I am a believer in all.

A lover and fighter.

I am full of knowledge.

An accomplished me.

I am grateful for small and large opportunities.

I have love and support.

I will succeed at everything asked of me.

I am a hard worker.

A mover and shaker.

A survivor.

I am going to reach every
goal I set for myself.

I am letting go of bad
thoughts.

Good things will flow in
my life.

I am letting go of doubt.

I am abundance.

I can, so I will.

Great work will come my
way.

I am a light of energy.

Good things will flow in
my life.

I forgive myself for any
negativity.

The only approval I will
ever need is mine.

I believe in myself.

I am in the right place.

I am in the right time.

I am doing the right thing.

I am a committed
professional.

I better myself every day.

Every rejection is an
opportunity.

I am a gift.

I have a gift.

I am gratitude.

I choose to let go and trust
the universe.

I am ready for what comes
before me.

Today, I will go confidently
into the meeting.

I am success.

I am guided and protected.

I am not perfection and
that is okay.

I am learning and growing.

I am more than enough.

I have an abundance of
love.

I am desirable.

I am healthy.

I am in control of my own
life.

I know my value and self-
worth.

I refuse to give up.

I choose to be chosen.

I am doing the best that I
can.

I am proud of myself.

I can achieve anything that
I put my mind to.

I am grateful for my life in
this field.

I am grateful to have a
great team.

I am grateful for difficult
times that allow me to
grow.

I deserve a life of dreams.

I abandon bad habits and
recreate positive ones.

I am proud of myself.

I am teachable.

I respond to rejection in a
loving way.

I lean into rejection and let
go.

I trust that all will come.

I believe in everything I do.



Gilda Graham is an Emmy-nominated producer. Her mission is to make a difference with industry professionals who are facing burnout and exhaustion, living stressful lives, and looking for peace. To find her work, please visit www.gildagraham.com