



PRESENTS

“I AM”

A thick, black, horizontal brushstroke that serves as a background for the text 'Daily Tracker'. The stroke has a textured, painterly appearance with visible bristles and varying thicknesses.

Daily Tracker

The words that follow "I am" are incredibly important -- they form deep-seated thoughts and beliefs that, over time, create your life experiences. That's why it's crucial to become hyper-aware of what is following your "I am." Is it building you up, or tearing you down?

Keep this tracker in a spot that you pass by frequently throughout the day, and take a minute to jot down the "I am" statements you catch yourself thinking or saying. Pay attention to the story you're telling yourself.

"I AM" STATEMENT		IS IT HELPING OR HURTING YOU? HOW?
1 _____		_____ _____ _____
2 _____		_____ _____ _____
3 _____		_____ _____ _____