

# **I Am Somebody!**

## **WHO AM I?**

**I am somebody!**

**I am Bright, Capable, and Lovable.**

**I am Teachable and Learn Easily.**

**I tell the Truth and am a Gentle Listener.**

**I respect myself and others.**

**I am Co-operative and Responsible**

**for my feelings and choices.**

**I see the highest and best in myself and others and  
support that with my thoughts, words and actions.**

**I use time wisely because it is valuable.**

**I am the best me I can be each day.**

**I am somebody!**

**I AM LOVE!**



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*From the book Healing Children - Loving Children by Julie Haverstick*

*Based on My Commitment, dr. michael ryce, [www.whyaagain.com](http://www.whyaagain.com)*

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