



I am

EXERCISE

We carry so much that isn't ours. We carry labels, habits, descriptors, roles, responsibilities. We inherit many and some we pick up along the way to adulthood. This exercise allows you to acknowledge what labels you're carrying that aren't yours, and then tune into who you are without them.

1 What labels do you carry? How would you describe yourself? How do others describe you?

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2 Do these labels serve you? In what ways have these labels impacted how you live or the choices you make?

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3 Sit in sacred stillness. Revisit the Embodiment Practice if you need or simply sit in peace and say, *I am*. Then listen for whatever comes up. How does the statement continue?

