



“I AM” – YOUR SOUL SIGNATURE

Now that you’ve sat with the question “WHO AM I?” we’re going to work with an exercise that expands on your unique essence, your Soul Signature. Every single one of us came into the world with a few key traits that make us who we are. They are the traits we were born with, that seem to be encoded in our DNA. These traits, when combined, create our Soul Signature.

It’s important that we know who we are at our core, because we are then able to make decisions from that space. When we’re feeling “off” in life, it’s usually because our reality isn’t aligned with our Soul Signature. When we’re feeling “in the flow” of life, it’s usually because our reality is aligned with who we truly are.

Choose 3 words from the list of words below (or add your own!) that you identify with as your core. These aren’t traits that you’ve learned, or developed as you’ve gotten older (shy, reserved, angry, sarcastic, withdrawn), these are the core traits that you came into this world as; that you exuded as a young child. You’ll undoubtedly have a little bit of ALL of these within you, but circle the 3 that your family would all agree are your strongest.

For example:

Alexi’s core “I AM’s” are: **Passionate, Creative, Joyful**

Preston’s core “I AM’s” are: **Passionate, Creative, Curious**

Courageous	Humble	Compassionate	Affectionate	Trusting
Enthusiastic	Gentle	Imaginative	Optimistic	Thoughtful
Joyful	Kind	Seeker	Charismatic	Loyal
Creative	Considerate	Peaceful	Intelligent	Intuitive
Passionate	Honest	Empathetic	Generous	Responsible
Loving	Connected	Funny	Powerful	Caring
Graceful	Curious	Determined	Detailed	Energetic

Now, list your 3 core traits as a statement:

I AM _____

I AM _____

I AM _____

Your “I AM’s” are your key to aligning with what is meant for you in life, it is your Soul Signature. When you align with it and let it lead the way, you will attract people and situations that have similar Soul Signatures, creating the experience of more “flow.” If you notice, in the example above, we have extremely close Soul Signatures, which is why we make a great match. With what we both do for our mission, we are also living our Soul Signature with everything we do, which creates an experience of alignment.

Your core “I AM’s” are meant to act as a tool that you lead from when making decisions about what you do, and who you do it with. If you’re aligned with your Soul Signature, then you’re aligned with your truth.

REFLECTION:

Do the closest relationships in your life reflect and support your “I AM’s”? _____

Does your work reflect and support your “I AM’s”? _____

If not, how can you be the source of more of your “I AM’s” in your life? _____

YOUR STEP OF GREATNESS: Write your “I AM’s” on sticky-notes and post them everywhere that you can see them: your car, your mirror, your bedroom, your wallet, your screensaver, etc. Every time you need to make a major decision, ask yourself: “Will this decision support and honor who I AM at my core?”