



EPISODE 06 // TRANSCRIPT

WHAT KIND OF WOMAN ARE YOU?

(and why it matters)

SELFCREATIONSCHOOL.COM

What kind of woman are you? If I asked you this question, what would you tell me about the kind of woman you are? More importantly, if you asked yourself this question, what words would follow "I am..."? My friend, these two little words are shaping your entire world. Today I'm sharing five ways you can make sure they're shaping the world you dream of. Let's dive in.

Welcome to The Self-Creation School podcast, for women who are ready to ditch mediocrity, step up and get more of what they want, and finally say YES! to a life that sets their soul on fire. I'm your host Leanne Leticia, Self-Creation Coach, founder of The Self-Creation School AND Queen of YES!. If you're ready to play life by your own personal rule book, and give yourself permission to say YES! to yourself and your wildest dreams, this podcast is the place for you.

Hello and welcome. If this is your first time listening in, I'm Leanne Leticia, a Self-Creation Coach and founder of The Self-Creation School, where I work

with women all across the globe to help them step up and get more of everything they want.

Today, I'm talking about a topic that has not only made a profound difference in my own life, but has made a huge impact in the lives of the women I've coached and also for the women I've reached through my posts about this on my blog and social media. What I'm talking about is "I AM" statements. These are the declarations that we make to ourselves about who we are and what we can achieve.

Every statement you affirm, every thought you harbor about who you are and what you can do, these are your I AM statements. They might sound like two very simple words to you, but in reality, they have the incredible power to shape your identity and determine how you show up in your life. They can be the anchor that holds you back, or the wind beneath your wings that lifts you to the heights you've always dreamed of. So, the question is, what I AM stories are you telling yourself? And more importantly, are they supporting and serving you in saying YES! to the life you want?

Before we get too far into this, let's make sure we're on the same page about what I AM statements are, and these statements are actually quite deceptively simple.

So, I AM statements are the things you tell yourself, consciously or unconsciously, about who you are and what you believe you can or cannot do. When you say, "I am confident", or "I am shy", or "I am not good at this", you're making an I AM statement. Essentially, they are affirmations about your SELF (that is your identity) and your abilities.

The thing to remember is, you may not always voice these statements out loud, but they are ever present – humming in the back of your mind, shaping your perspective, and affecting your actions. And whether you realize it or not, these statements have a profound impact on shaping your identity, your beliefs

about who you are and what is and isn't possible for you. They influence your behavior and in turn, they influence your results, the outcomes you experience in your life. So, that's good reason to pay very close attention to them.

Now, the beauty, or sometimes the challenge, of our I AM statements is that they have the power to become self-fulfilling prophecies. Here's how that works.

Our minds are incredibly efficient at making sure our actions align with the identity we've set for ourselves through these statements. So, let's say you've been telling yourself, "I am not creative". Without even realizing it, your mind will subconsciously guide your actions to fit that story. You might avoid opportunities to express your creativity. Or dismiss your ideas before they have even had a chance to take form. Before you know it, this statement about your lack of creativity becomes your reality.

But here's the exciting part. This very principle that can limit you, also has the potential to liberate you. What if you could harness the power of your I AM statements to shape your identity in a way that aligns with your dreams and your aspirations? What if you started telling yourself, "I am creative", "I am full of ideas", "I am capable of bringing them to life"? Can you imagine a shift that could bring to your life?

This is the very essence of why I AM statements are so vital in becoming who you need to be to have the life you want. And listen, here's what I know. When you change your I AM story, you change your life.

I want you to realize you are the author of your own story, and the words that you write matter. That you have in your hot little hands, the pen that can write and rewrite, if need be, the narrative of your entire life, including your I AM statements. Imagine replacing your limiting I AM beliefs with powerful I AM affirmations. Instead of saying "I am not creative", "I am not capable", "I am not

strong", what if you start saying "I am creative", "I am capable", "I am strong", and really deeply believe in these words?

But let me bring this back a step because it would be remiss of me not to. The reality is, changing your life is not just about changing the words you say about yourself or think about yourself. It is also about how you embody those words. The thing is, when you genuinely believe in your new I AM affirmation, your actions will start aligning with these new beliefs about who you are and what's possible for you. And you'll find yourself exploring new avenues, tapping into your creative potentials, for example, and standing firm in the face of challenges because you know, you truly know that you're capable and strong of doing so.

This is the incredible transformative power of I AM statements. You're not just changing your story, but also stepping into a new identity, one that supports the story you want to write moving forward. It's about shaking off the shackles of those old limiting beliefs about who you are and who you should be, and stepping into a world of possibilities about who you want to be and who you could be. And guess what? This world of possibilities, is not just some distant reality, it's right here waiting for you to take hold of it, to mold it and make it your own.

So, sounds kind of easy, right?

Well, let's talk about a little something that can happen when you try to adopt these new empowering I AM statements – something called Cognitive Dissonance. And don't let the term intimidate you. It's simply a fancy term psychologists use to describe the discomfort we feel when there's a clash between our beliefs and our actions, or when we're trying to hold two conflicting beliefs at the same time.

For example, if you've spent a significant portion of your life believing, "I am not creative", and suddenly you start telling yourself, "I am creative", your mind

might struggle a bit with this shift. This internal conflict, this discomfort you feel, that's Cognitive Dissonance. Your mind is essentially saying, wait a minute, these two beliefs don't match up.

But here's the good news. You can navigate this Cognitive Dissonance by building what I like to call a Beliefs Bridge. Instead of jumping straight from "I am not creative" to "I am creative", you take smaller steps to gradually bridge the gap and shift your old belief to your new ideal belief.

So you might start by saying "I am open to exploring my creativity". And as you grow more comfortable with this idea, you can then move on to, "I am finding ways to express my creativity". Eventually, you get to a place where you're able to fully embrace the belief, "I am creative".

This is a much gentler approach that eases your mind into accepting this new belief. It's about meeting yourself where you are and then gradually expanding your horizon, one step at a time. It's not about forcing a belief, it's about nurturing it, allowing it to grow organically and gradually integrating it into your sense of SELF. And this approach, my friends, can make all the difference in changing your I AM statements.

Now, let's dive into some practical strategies. I'd love to share with you five ways you can ensure your I AM affirmations truly match the woman you need to BE to create the life you create.

Firstly, clarity is key. Know who you want to become. What values does she hold? What qualities does she possess? How does she navigate her world? Understanding this vision of your future self gives you a blueprint to help guide your I AM statements.

Secondly, align your affirmations with this vision. Your I AM statements should reflect the traits and behaviors of the woman you aspire to be. For instance, if the woman you want to become is courageous and confident, your affirmation

might be, "I am courageous", or "I am confident". But again, you may need to use the Beliefs Bridge here to help you bridge the gap between those two beliefs.

Thirdly, believe in the power of your words. Your I AM affirmations are not empty words, they are powerful tools that shape your identity and your reality. Trust that they have the power to effect real change in your life.

Fourthly, consistency is key. Practice your affirmations daily. Make them a part of your everyday routine. You could say them aloud each morning, write them down in a journal, or meditate on them. Whatever works for you personally. But the important thing to remember, is that the more you repeat them, the more ingrained they become in your mindset, and the greater their impact will be on your actions and your life.

And finally, be patient with yourself and the process. Changing your beliefs and identity doesn't happen overnight. It's a journey. Celebrate the small wins, the moments when you catch yourself acting in line with your new beliefs. The instances where you feel a genuine shift in your mindset. Celebrate those moments.

And remember too, it's okay to stumble. What's important is that you keep moving forward, keep building your Beliefs Bridge, one step forward at a time. Because with each step, you are becoming more and more the woman you need to be to live the life you desire.

I always say this, and I believe it with every fiber of my being. You are the author of your life. With every thought you think, every word you say, every action you take, you are writing your story. You're creating the narrative of your life.

And this is the very concept of narrative psychology. Now don't worry, I'm not turning this into a psychology lecture. What's important to understand is that

this branch of psychology emphasizes the power of our personal narratives, the stories we tell ourselves about who we are and what we are capable of.

The main takeaway I want you to think about is this – if you are the author, why not write a narrative that empowers you? A narrative that paints you as the creative, strong, capable woman you aspire to be, for example. And this is where your I AM statements come into play. They're a powerful tool to help you craft this empowering narrative, to shape your identity, and ultimately, to shape your life.

I encourage you to step into this role as the author of your life story with courage and conviction. Create a narrative that's in line with the woman you desire to be. A narrative that inspires you to step up, overcome challenges, and live the life you've always wanted. Remember the pen is in your hands, and yes, there may be days when it feels like the ink is running dry or the pages too dauntingly blank. But just know that every day offers a fresh start, a new page waiting to be written on.

So my invitation to you is this, start today. Begin with one small I AM statement that nudges you closer to the woman you want to become. It could be as simple as "I am open to change", or "I am committed to my growth". Let these words sink in, let them take root and watch how they slowly but surely start to influence your thoughts, your beliefs, and your action.

Don't let your past, your fears, or your doubts dictate your story. You are not bound by the stories you've told yourself up to now. You have the power to create a new story, one that resonates with your heart, aligns with your deepest desires, and propels you towards a life that you are truly excited to wake up to every single day.

So step into your power, grab that pen and start writing the story of the Self-Created Woman you're meant to be. It's your one life my friend and this is your

time – make it count. I'll see you next Wednesday for another episode of The Self-Creation School podcast.

Until then, be the woman who says YES!

Hey, have you joined my FREE mini-workshop the Week of YES!? This powerful five-day workshop will help you take your foot off the brake and start saying YES! to more of the life you crave. Isn't it time you created a life you're beyond excited to wake up to? It all begins with saying YES!. Head over to <https://selfcreationschool.com/weekofyes> and get started on your YES! story today. I'll see you there.