

Training #7

Your Champion Life – I AM Declarations & Actionable Beliefs

Hello Champion!

This is the final process in this transformative journey of building Your Champion Life. In this training, we delve into the power of I AM Declarations and Actionable Beliefs. This is a pivotal moment in your Champion's journey. The significance lies in the words "I AM." We say these words more frequently than we realize, but their impact is profound. Your innermost self listens attentively to what follows "I AM." Are you declaring success, greatness, and capability, or are you reinforcing the negative fixed cycles?

As the saying goes, "as you think, so are you." The words following "I AM" shape your beliefs, and your beliefs shape your reality. Think about it; if you affirm "I AM successful," your actions will resonate with that success, by the same token if you declare "I AM not good enough," your performance will validate that belief.

As you develop your "I AM Declarations", remember it's not merely about proclaiming but confirming. Declarations need reinforcement, and that's where Actionable Beliefs come in. Your actions, thoughts, and habits must align with your declarations. "I AM" is not an aim; it's who you are.

Consider Actionable Beliefs as the foundation beneath your declarations. When doubt creeps in, when external factors challenge you, these Actionable Beliefs stand as a defense. They are the proof, the evidence that supports your "I AM" statements.

This process applies to every area of your life, whether you seek success in faith, family, fitness, or finances, the principles remain the same -- declare who you are, and let Actionable Beliefs be the foundation that uphold your declarations.

God bless you,
Coach Ron

Key Concept:
***There is a place deep inside
of you that wants to hear what
you have to say about YOU.***



Training #7 Workbook: I AM Declarations & Actionable Beliefs

Below I want you to list 5 I AM Declaration Statements and 3 Actionable Beliefs that support each I AM Statement. Remember, these are more powerful than “positive affirmations” because they truly reflect who you are & you have proof to back them up.

There is a place deep inside of you that wants to hear what you have to say about YOU. Once you have written your I AM Declarations & Actionable Beliefs, I want you to say them to yourself – out loud – every day. I also suggest that you record yourself saying them – wake up to the sound of your voice saying these positive attributes about yourself with the proof behind them.

Examples of “I AM Declaration” Statements:

| | |
|---------------------|-----------------------------|
| I am healthy | I am a good spouse |
| I am a good parent | I am a good son or daughter |
| I am a child of God | I am a success |
| I am worth it | I am trustworthy |
| I am committed | I am dependable |
| I am disciplined | I am kind |

Example of “I AM Declaration” statement with Actionable Beliefs:

- I AM Declaration – I AM Healthy
 - Actionable Belief – I follow a healthy nutrition plan
 - Actionable Belief -- I have a weekly exercise schedule I follow
 - Actionable Belief -- I check my vitals on a yearly basis to ensure I do what is necessary to decree my health is equal to my I AM statement
- I AM Declaration - I AM trustworthy
 - Actionable Belief -- I watch what comes out of my mouth, and when I speak it, I follow through what is spoken -- my word is my bond
 - Actionable Belief -- One thing I am known for is my dependability
 - Actionable Belief -- I realize being trustworthy starts with me being able to trust myself – I trust me, therefore others can trust me

Now it's Your Turn

I AM #1 _____

#1 Actionable Belief _____

#2 Actionable Belief _____

#3 Actionable Belief _____

I AM #2 _____

#1 Actionable Belief _____

#2 Actionable Belief _____

#3 Actionable Belief _____

I AM #3 _____

#1 Actionable Belief _____

#2 Actionable Belief _____

#3 Actionable Belief _____

I AM #4 _____

#1 Actionable Belief _____

#2 Actionable Belief _____

#3 Actionable Belief _____

I AM #5 _____

#1 Actionable Belief _____

#2 Actionable Belief _____

#3 Actionable Belief _____

Champion, above all else I want you to know that you deserve to live your best life, Your Champion Life. I am very proud of you for getting this far and I am grateful that I have had the opportunity to share this transformational process with you. Keep it close and keep moving forward – YOU CAN DO IT!

God bless you,
Your Proud Coach Ron

