

# The Great | AM worksheet

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Declare **who you are & why your work matters**

Only one rule: **Don't over think it!**

The *Great | AM worksheet* includes 10 elements.

Give yourself **2 MINUTES** to complete each element. That's it.

We often give ourselves (way) too much time to make it 'perfect' – and send ourselves into maddening spirals of confusion in the process.

When you give yourself a ferocious time limit to pour out your thoughts and feelings, magic transpires.

We need to stop writing from the **head**, and start writing from the **heart** and **home** or as Alexandra Franzen says - the heart and gut = **hut!**

So get grounded, get your '**hut**' fired up and let's go!

# The Great I AM worksheet



## 1. I am a...

(Insert your job title or current role here)

Don't worry if it sounds 'boring'. Don't worry if it sounds 'braggy'  
Definitely don't worry if it sounds 'wacky'.

Jot down the very thing that comes to mind.

## 2. But really, I am a...

Who & what are you...*really*?

Your dream title? What's your secret name? Your superhero alias?  
(Don't mull over it. Just go.)

## 3. I am amazing at...

Jot down the first 3 or 4 things that jump into your mind.

Circle the one that feels like something you'd like to be known for.



## 4. And I've devoted most of my life to...

Studying / exploring / questioning / mastering / helping / teaching / fixing / leading / sharing / serving / doing ... *what?*

## 5. When you work or play with me, you can expect...

Jot down the benefits that other humans receive, when they partner with you (or listen to your words, or see your work, or get one of your legendary appreciations...)

## 6. And you'll probably be surprised & delighted by...

Got quirks, hidden talents, or an unexpected approach to your line of work or living? Write it here.



## 7. My work matters because...

It alleviates the suffering caused by \_\_\_\_\_

It makes the world a \_\_\_\_\_ place

It allows people to experience \_\_\_\_\_

Without it, we'd all be \_\_\_\_\_

Or, what?

## 8. And I'm here to remind you that ...

This is your message, your final battle cry, the big WHY, where you get to express your values, the words that are going to be inscribed on your tombstone. Keep going you're almost there?

## 9. To sum it up? I am...

...not for the feint-of-heart.

...the slightly-psychic auntie you always wanted, but never had.

...a work in progress.

...a work of art.

...a teacher, a student, and everything in between.

...completely astonishing.

...(your almost closing thought, here)



## 10. And I dream of being...

This is your deepest, wildest forever longing, your fantasy since you were a dot or the brilliant inspiring, creative idea that has just occurred to you right this second...

Or of course it could be - just who you are right now...



# The Great I AM worksheet



Take a deep breath and weave it all together...

I am a ...

But really, I'm a ...

I am amazing at ...

And I've devoted most of my life to ...

When you work or play with me, you can expect ...

And you'll probably be surprised & delighted by ...

My work matters because ...

And I'm here to remind you that ...

To sum it up? I am ...

And I dream of being ...

You're done.

You're amazing.

And you've only just begun...

Adapted from a fabulous worksheet by Alexandra Franzen.  
Check her out at [www.AlexandraFranzen.com](http://www.AlexandraFranzen.com)