



Reflection Exercise

for "[The Blessing of A Soul Alive Woman's Life:
A Tribute to Maya Angelou](#)"

'I Am' Declaration

Dare to Name, Claim, & Be Authentically You

A. Please [view](#) or [read](#) *Phenomenal Women* by Dr. Maya Angelou.

1. Reflect & Journal:

My experience was . . .

Comfortable? or Uncomfortable?

Specific: Sensations? Where in my body? [[Sensation Word List](#)]

Emotions?

2. Sit with Specific Sensations & Emotions:

Soul Centered: Be Curious; Listen Without Judgment

What Emerges? [More may emerge in days to come]

B. Write 'I Am' Declaration.

You may want to refer to 'Phenomenal Women' as needed.

Or to this Book - *Finding What You Didn't Lose – Expressing your Truth and Creativity through Poem Making*, by John Fox

Suggestions:

1. Name /List at least 20: I am _____. [No discounting Self allowed]

Brief 'PlayList' for Starters:

Strong, Funny, Playful, Witty, Clever, Wise, Friendly, Genuine, Compassionate, Patient, Resourceful, Sassy, Sexy, Tender, Good-Hearted, Nurturing, Feisty, etc. Physical

Attributes: Head to Toe, Inside & Out; Voice; Rhythm; Stance; Stature; Poise; Grace...

Senses; Perceptions; Perspectives; Values; Spirit; Way; I am like ____ [metaphors]; I am glad [thankful, etc.] I am _____; Gifts, Talents; Essences; Presence

Try each one for fit. Be brave, honest, true; dare to claim what is authentically you.

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2. Choose Title: _____ Woman
3. Choose first 'I am _____' to write about. Play, have fun; let the words come. [There is no right or wrong – what matters is being true to you].
4. Choose another 'I am _____' to write about until it feels right for you.
5. End: _____ Woman, That's Me.

Note: 'I Am' Declaration is a work in progress – Like you. What you write today can be changed tomorrow. Freely revise & update.