

The Power of I Am

Smooth Transitions 4 Teens is written in the first person for a very important reason.

Every time you think or say, “I am”, you are coming from a place of knowing, resolve, and

what you are being now.

Every time you read an objective in Smooth Transitions 4 Teens which contains the words

“I am”, or “I”

you are thinking from this place of doing and being.

As you take the steps, creating your perfect life,

you are working with the power of your inner knowing.

This is where your power lies.