



MY I AM

REFLECTION

INWARD IDENTITY
OUTWARD ACTION
UPWARD IMPACT

Your title describes what you do.
Your "I AM" reflects who you are and how you choose to show up.



KNOW YOURSELF (I AM)

Discover your "I AM."

Think about who you are at your best and how you want others to experience you.

I AM _____

What qualities or strengths are reflected in your "I AM"?



IDENTITY

Know yourself
Be intentional
about who you are.



ACTIONS & RELATIONSHIPS (I WILL)

Live your "I AM."

Let your identity show up in your actions and relationships.

1. How will your "I AM" show up in your actions and relationships?

2. What is one interaction today where you can intentionally live your "I AM"?



ACTION

Show up through
meaningful actions
and relationships.



LIVE OUR MISSION (SO THAT)

Connect your "I AM" to our "WE ARE."

Make a positive difference through your actions.

1. How does your "I AM" help bring our mission to life?

2. What can you do to help someone else recognize and live their "I AM"?



IMPACT

Make a positive
difference and help
propel the mission.



Inward

Outward

Upward



MY I AM

EXAMPLES TO GUIDE YOUR REFLECTION

INWARD IDENTITY
OUTWARD ACTION
UPWARD IMPACT

These complete examples show how one "I AM" can be answered through all three parts of the worksheet. Use them as inspiration. Your words should be personal and meaningful to you.



INWARD IDENTITY KNOW YOURSELF (I AM)

Who do you choose to be as an educator?



OUTWARD ACTION ACTIONS & RELATIONSHIPS (I WILL)

How will you live your I AM?



UPWARD IMPACT LIVE OUR MISSION (SO THAT)

What do you hope your I AM and actions create?

SAMPLE ANSWERS

EXAMPLE I AM	What qualities or strengths reflect your I AM?	How will your I AM show up in your actions & relationships?	What is one interaction where you can intentionally live your I AM?	How does your I AM help bring our mission to life?	How can you help someone else recognize and live their I AM?
I am a learner.	Curious, open-minded, reflective	I will ask questions, seek feedback, and stay open to new ideas.	In my next conversation with a colleague, I will ask for their perspective and listen before offering my own.	My curiosity and willingness to learn and model that learning belongs to everyone, including the adults in our school.	I can invite a colleague to share an idea, lead a conversation, or try something new, and recognize the strengths I see in them.
I am a listener.	Patient, attentive, understanding	I will listen fully, invite others to share, and value different perspectives.	Today, I will have a conversation with a staff member and focus on listening without interrupting.	When people feel heard, they feel valued, and that creates a positive environment where everyone can learn and contribute.	I can give others my full attention, ask follow-up questions, and let them know their voice matters.
I am an encourager.	Positive, supportive, uplifting	I will recognize people's efforts, give genuine feedback, and celebrate progress.	Today, I will intentionally tell a colleague or staff member something specific I appreciate about their work.	Encouragement builds confidence, increases engagement, and helps everyone reach their potential.	I can look for opportunities to acknowledge others, highlight their strengths, and remind them of the difference they make.
I am a problem solver.	Resourceful, solutions-focused, resilient	I will look for solutions, stay calm, and help others think through options.	When a challenge comes up today, I will gather information, explore options with others, and help move toward a solution.	By staying solution-focused, we create a more positive, and productive school environment where learning can thrive.	I can support others during challenges by listening, thinking collaboratively, and helping them see possibilities.
I am a team player.	Collaborative, respectful, dependable	I will collaborate, share ideas, and support others.	Today, I will reach out to a colleague, offer support, and look for a way we can work together.	Teamwork creates stronger schools where everyone feels connected, valued, and able to contribute to our shared mission.	I can be a reliable colleague, share resources, be open to others' ideas, and lift up the strengths of my team.
I am a difference maker.	Purposeful, caring, committed	I will look for opportunities to make a positive impact, even in small ways.	Today, I will take one action, no matter how small, to make a positive difference for a student, colleague, or family.	Every positive interaction helps create a school community where everyone leads and learns.	I can look for ways to support, include, and encourage others, and help create opportunities for everyone to succeed.



Inward

Outward

Upward



MY I AM

PUTTING IT ALL TOGETHER

INWARD IDENTITY
OUTWARD ACTION
UPWARD IMPACT

Your I AM, your actions, and the impact you hope to create
come together to tell your story.

Use your reflections from the worksheet and the examples to write one complete I AM statement.



I AM

My Inward Identity



**Who do I choose to be
as an educator?**

Your I AM reflects your identity
and the qualities you want to bring
to the world.



I WILL

My Outward Actions
& Relationships



How will I show up?

Your actions and relationships
make your I AM visible to others.



SO THAT

My Upward Impact

The byproduct & impact



What do I hope to create?

Your U is the positive impact
that grows from your I and O.

COMPLETE I AM STATEMENT EXAMPLES

EXAMPLE 1

I AM a learner who is curious, open-minded, and reflective. **I WILL** ask questions, seek feedback, and stay open to new ideas **SO THAT** I continue to grow and help others grow.

EXAMPLE 2

I AM a listener who is patient, attentive, and understanding. **I WILL** listen fully and invite others to share their ideas, lead a task, or take on a new challenge **SO THAT** they feel heard, valued, and confident enough to lead and learn.

EXAMPLE 3

I AM an encourager who is positive, supportive, and uplifting. **I WILL** recognize the strengths in others and give genuine feedback **SO THAT** people see their potential and feel motivated to make a difference.

EXAMPLE 4

I AM a team player who is collaborative, respectful, and dependable. **I WILL** support others, share ideas, and help create opportunities for everyone to contribute **SO THAT** together we become stronger and make a positive difference.

CREATE YOUR OWN I AM STATEMENT

Use the space below to build your statement, or write it in the full statement space.

I AM...

I WILL...

SO THAT...

CUT HERE TO REMOVE YOUR I AM STATEMENT CARD



MY COMPLETE I AM STATEMENT

Combine your I AM, I WILL, and SO THAT into one powerful statement.



*Keep your I AM statement visible.
Live it intentionally. Revisit and update as you grow.*



Dr. Joe Famularo ~ iouliving.com

MY I AM

Reflection Activity and Facilitator Guide

Purpose

The My I AM activity helps participants move beyond the minimizing language of “I’m just” and recognize that they are more than their job titles. **A title describes what someone does. An I AM statement expresses who that person chooses to be as an educator, how they intend to show up, and the impact they hope to create.**

The activity moves from I AM to WE ARE. When individuals live their identity through their actions and connect it to the shared mission, they help shape the culture of the entire organization.

The Three Pages

1 My I AM Reflection

Explore identity, actions and relationships, and intended impact.

2 Examples to Guide Your Reflection

Use the samples for inspiration while keeping responses personal.

3 Putting It All Together

Combine the reflection into one complete I AM, I WILL, SO THAT statement.

How to Facilitate the Activity

1 Complete the Reflection Page 5–7 minutes

I AM: Identify a quality, strength, or way of being that reflects who you are at your best.

I WILL: Describe how your I AM will become visible through your actions, decisions, and interactions.

SO THAT: Connect your identity and actions to the positive impact you hope to create for others and the organization.

2 Review the Examples 2–3 minutes

Use the examples for ideas when participants need help finding words or connecting identity, actions, and impact. The examples are starting points, not answers to copy.

3 Complete the Put It All Together Page 4–5 minutes

Create one complete statement: I AM names the identity, I WILL names the actions and relationships, and SO THAT names the intended impact.

4 Share and Reflect

Invite voluntary sharing with a partner or small group.

Share:

Why did you choose this I AM?

How will others experience it?

How does it connect to our mission?

Where can you live it today?

5 Keep the Statement Visible

Cut off the completed My I AM Statement card and place it somewhere visible.

Keep your I AM statement visible. Live it intentionally. Revisit and update it as you grow.

Suggested time -15–20 minutes, with additional time for group discussion