The I AM NOTICED Cycle

It starts with "Want to"
Positive I AM's
Be the rock in your ripple
Notice goodness
Receive goodness

→ What is your "Want to"?
   What are you grateful for?

→ What words follow I AM?
   Are you kind to yourself?

→ Who can you notice?
   Who matters to you?

→ How do you receive?
   Do you say thank you?

→ How will you ripple goodness?
   Repeat cycle!