

A Walk with Cancer, Compassion and Conscious Self-Care

Life Lesson 1

I AM ... STRONG

*It's OK to have my
own belief system*

Loving Life Lessons

by Amy Camie

www.LovingLifeLessons.com

Life Lesson 2

**I AM ...
RESPONSIBLE**

*I have the choice
to choose how
to live my life*

Life Lesson 8

I AM ... TRUTHFUL

*The only way to know
a feeling is to feel it*

Life Lesson 3

I AM ... WORTHY

*It's important to take
time for myself*

Life Lesson 9

I AM ... SACRED

*When I'm caught
in Doing,
I'm resisting Being*

Life Lesson 4

**I AM ...
COMPASSIONATE**

*Judgments and
assumptions restrict
possibilities*

Life Lesson 10

I AM ... BLESSED

*Listen, trust, and
choose that which is
most loving and
supportive to me*

Life Lesson 5

I AM ... OPEN

*Be open to love and
allow it to flow freely*

Life Lesson 11

I AM ... JOY

*Release attachments
and live fully
without masks*

Life Lesson 6

I AM ... LIGHT

*A shift in belief,
expands perceptions
and alters the
experience*

Life Lesson 12

I AM ... PEACE

*My healing
comes from within*

Life Lesson 7

I AM ... PLAYFUL

*Change is constant
so dance within
the moment*

Life Lesson 13

I AM ... LOVE

*I AM not my
experiences ...
I AM sooo much more!*