



## SIMPLE YET PROFOUND

### *I Am-ness*

By Kimberly Hambrick

**I struggled for years with what followed "I am".** Two simple words, yet when I used them, I heard myself say "I am not worthy," "I am not good enough," or "I am not loved."

For as long as I can remember, I had self-limiting beliefs. In retrospect, they developed at an early age—the middle child growing up in an Italian American family. My older sister was celebrated and my younger brother—who would carry on the family name—was honored. And me, I was the carbon copy, mini version of my sister. Photo after photo shows us dressed exactly alike; and many of my birthday photos have her, right next to me, at my birthday cake.

I became the good kid, the smart kid, the one that failed my parents in a way in that I never really needed them to bail me out or fight my battles. Moving forward, I was determined to succeed, and I did. Yet, I desperately wanted others to tell me I mattered.

Well into my 40s, I continued to marginalize myself by failing to claim my own worthiness. I remember once saying "If I were to die and the only things I were known for are - I was a wife and a mother, what a wonderful life." Years after saying that I had to drop the wife part.

I associated my worthiness with the roles I had in life—both personally and professionally. I became known for my self-deprecating humor. I never truly looked at my own unique worthiness, until surrounding myself with amazing mentors and focusing, for the first time, intentionally on my own growth.

I started to take notice of the number of times a day—subconsciously or not—that I followed "I am" with a negative or self-limiting word. What an eye-opener! I couldn't believe how effortlessly I said things about myself that I would never say about anyone else.

In a session with a few of my mentors, I was challenged to write 100 "I am" statements! Statements that were powerful, positive, and empowering. Writing the next best seller novel would have been easier for me. Negative words popped up easily; but positive words were difficult. But I stayed with it and along the way, I started to see myself differently. My confidence increased and I believed what I was saying about myself.

I keep this list nearby and review it often. And I add to it. Today, my "I am" is followed by "beautiful," "competent," and "loved." This simple yet profound mindset shift has opened my eyes to my worthiness. I no longer seek outside validation. "I am enough!"

**So many women struggle with seeing their own worthiness.** We assume the roles in our lives and wear them as proud body armor—protecting our insecurities and self-doubts. But we are worthy, and it is time we claim that!

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