

## WHAT'S ON YOUR WRIST?

We all hear the serpent's voice in some fashion. Each of us has feelings about what we hear. These will vary. But we respond to the voice with an expression about ourselves with the phrase, "I am" and then something negative that follows. This little statement is what gets attached to us like the bracelet on our wrist. Which of these "I am" statements are you prone to say to yourself? Choose one negative message that controls you at times.

Then write out this attitude that you may have been repeating to yourself. Use a piece of paper in the shape of a snake. Then attach it to your wrist. You will see what will happen to this voice of the serpent bracelet at the end of the video.

I am not good enough

I won't amount to anything

I am not appreciated

I am never organized

I am not smart

I am a terrible parent

I am not acceptable

I am never chosen

I am unlovable

I am not attractive

I am not worthy

I am only as good as I do

I am no good at money management