



## I AM

SO excited to take you on this transformational journey for the next 2 months!

An essential element of this program is the overall well-being that accompanies the physical improvements.

I created these Daily Motivation Cards to help you find inspiration as you elevate to your full potential.

Pull a card each day to empower your goals with joy and commitment.

*I'll see you at the Barre.*

xo Elise

barre™  
BLEND

I AM  
adaptable



I accept changes and can adjust  
to any situation.



I AM  
adventurous



I enjoy new experiences and am  
willing to take chances.

A flock of birds is flying in a clear blue sky above a sunset over a field of purple flowers. The sun is low on the horizon, creating a warm orange and yellow glow that transitions into a soft purple and blue hue in the foreground. The birds are scattered across the sky, some in flight and some perched on the horizon.

I AM  
aligned



My thoughts, words, and actions  
reflect my truth.



I AM  
ambitious



I set high goals for myself and achieve  
them purposefully.

The background of the entire image is a close-up, high-resolution photograph of pink leaf veins. The veins are a vibrant, slightly darker shade of pink, creating a complex, branching network against a lighter, more translucent pink background. The overall effect is organic and delicate.

I AM  
authentic



I live my truth and my genuine  
nature is valued.





I AM  
awesome



I share my fabulous energy  
with the world.



I AM  
**balanced**



I remain upright and steady  
in body and mind.





I AM  
centered



I focus on my breath and stabilize  
my emotions.

I AM  
committed



I understand the value of hard work  
and pursue my goals relentlessly.

A collection of seashells of various sizes and colors (yellow, green, brown) arranged in a heart shape on a sandy beach. The background is a soft, textured blue-green color.

I AM  
compassionate



I move with consciousness and care and  
practice self-forgiveness to love myself as I am.



I AM  
confident



I believe in myself and my abilities.





I AM  
courageous



I act bravely in the face of adversity.



I AM  
creative



I tap into my imagination and design  
my own unique path.






I AM  
driven



I move toward my goals with  
certainty and intention.

An aerial photograph of a beach with turquoise water and a pinkish-purple sky. The text "I AM elevated" is centered in the middle of the image. The word "I AM" is underlined. The word "elevated" is in a larger, serif font. Below the text is a sun icon. At the bottom, there is a paragraph of text: "My awareness is always expanding as I rise to my highest good." The background shows waves crashing onto a sandy beach with several people visible in the water and on the shore.

I AM  
elevated



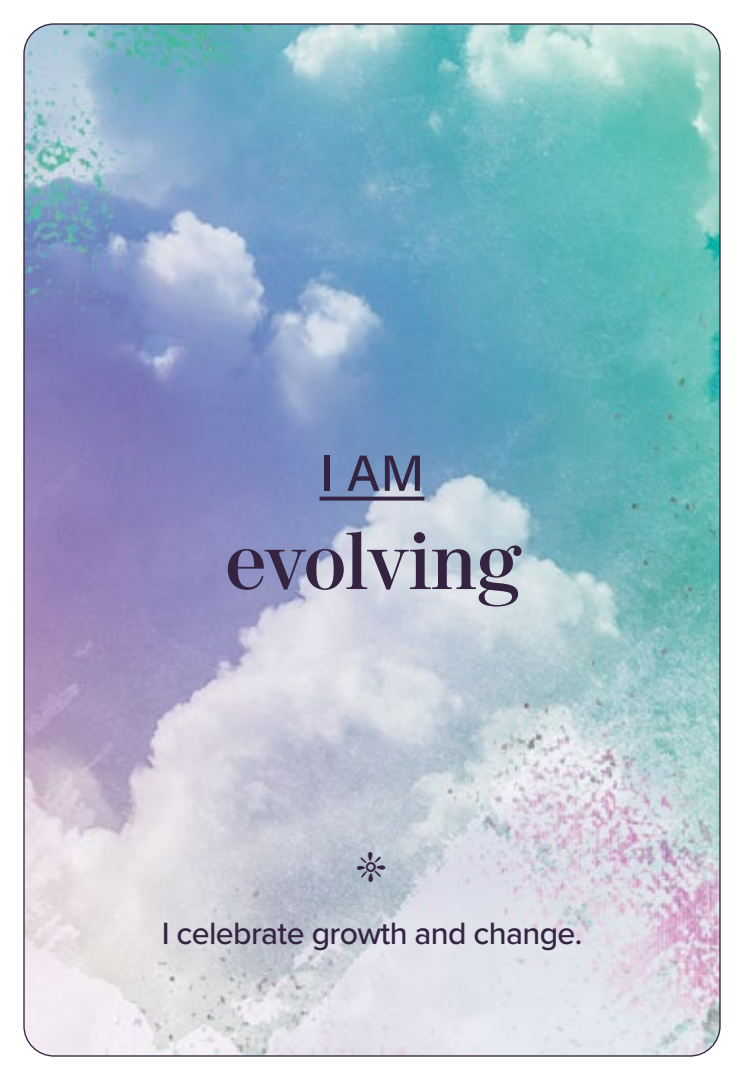
My awareness is always expanding  
as I rise to my highest good.



I AM  
empowered



I know my worth and lead with vitality.



I AM  
evolving



I celebrate growth and change.

I AM  
extraordinary



I own my greatness and am so much  
more than ordinary.



I AM  
fearless



I dive into life with boldness  
and freedom.





I AM  
focused



I devote my energy to what  
truly matters.

A red paper boat is shown floating on a body of water with ripples. The scene is captured in a monochromatic red and purple color palette. The text 'I AM' is underlined and 'forgiving' is in a larger, lowercase serif font.

I AM  
forgiving



I carry no resentment through life,  
only love.

A woman in a black wetsuit is walking on a sandy beach, carrying a long, dark surfboard under her arm. Her hair is blowing in the wind. The background shows the ocean and a clear sky. The overall tone is bright and airy, with a soft, ethereal quality.

I AM  
free



I release my attachments and  
liberate my spirit.



I AM  
fulfilled



I feel content and abundant  
in my life right now.





I AM  
graceful



Strength is the root of my elegance.

I AM  
grateful



I appreciate all that I have and  
all I've created.





I AM  
grounded



I have a strong foundation on  
which to build my dreams.



I AM  
happy



I radiate joy from deep inside my soul.

I AM  
honest



I assess my own strengths  
and move in integrity.

I AM  
humble



I make a difference more than  
I declare my importance.



I AM  
inspired



I rise into my own strength  
and creativity.

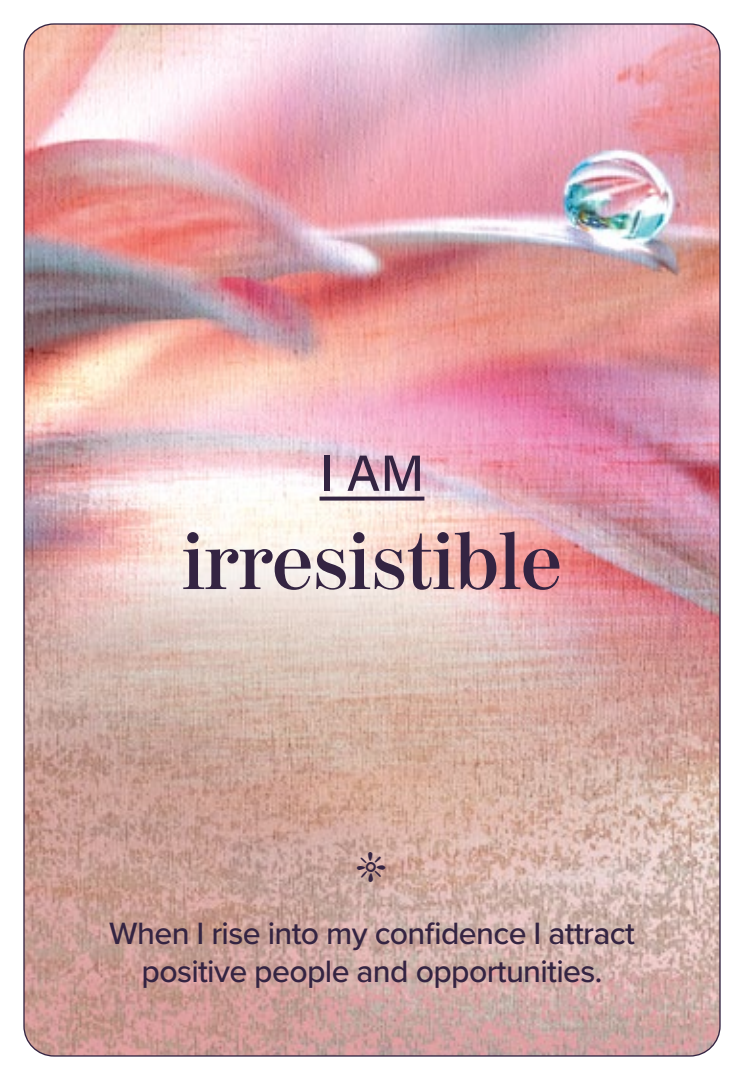
The background of the image is a textured, warm-toned surface, possibly sand or aged paper, with a color gradient from light pink at the top to light blue at the bottom. Several dark, irregular footprints are scattered across the left side. On the right side, there is a vertical tear in the surface, revealing a blue and white grid pattern underneath.

I AM  
intentional



I move forward calmly  
and with purpose.



A hand holding a crystal ball. The background is a soft, abstract blend of warm colors like red, orange, and pink. The hand is positioned in the upper left, holding a clear crystal ball that reflects the surrounding colors. The overall mood is serene and powerful.

I AM  
**irresistible**



When I rise into my confidence I attract  
positive people and opportunities.



I AM  
joyful



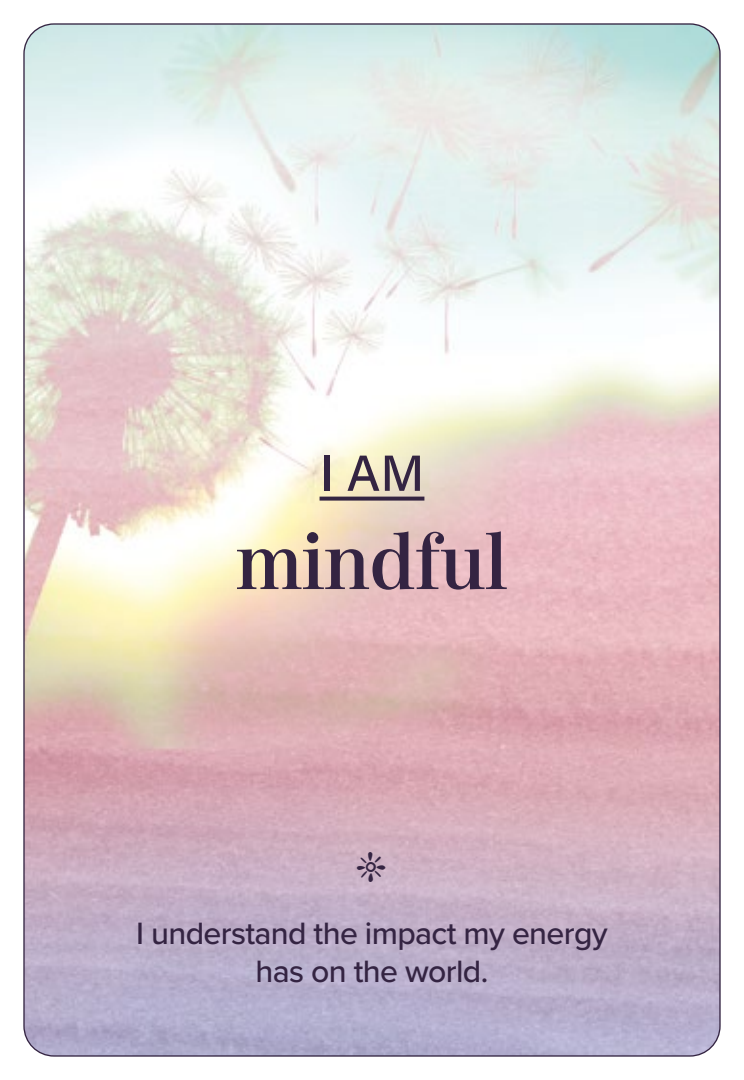
I experience beauty and delight  
in each moment.



I AM  
limitless



I remove my self-inflicted boundaries  
to reach my fullest potential.



I AM  
mindful



I understand the impact my energy  
has on the world.



I AM  
motivated



I take an enthusiastic and  
proactive approach to life.



I AM  
nurturing



I foster good health and curate  
positive relationships.

I AM  
open



My heart and mind have no boundaries.



I AM  
passionate



I give my whole heart to everything I do.

A person is silhouetted against a bright sunset sky, sitting on a surfboard and riding a wave. The water is white with foam, and the sky is a mix of orange, yellow, and light blue. The overall mood is peaceful and contemplative.

I AM  
patient



I breathe and trust that everything  
is unfolding for my highest purpose.



I AM  
peaceful



I feel tranquil and quiet in body and mind.





I AM  
persistent



I continue progressing through  
all circumstances.

I AM  
positive



I think good thoughts and attract  
good things into my life.



I AM  
powerful



My thoughts, feelings and actions  
create my future.

I AM  
present



I breathe into this perfect moment without  
fear of the future or regret of the past.




I AM  
proud



I take deep pleasure in  
my own achievements.



A close-up photograph of aloe vera leaves, showing their characteristic serrated edges and layered structure. The leaves are a vibrant green color and are covered in small, clear water droplets, suggesting they have been recently watered. The background is dark, making the green leaves stand out.

I AM  
ready



I can handle anything life throws at me.



I AM  
relaxed

  
I know that replenishment is  
key to a healthy life.



I AM  
resilient



I have the power to bounce back  
from any situation.



I AM  
resourceful



I use creative methods to construct  
the best possible life.




An aerial photograph of a boat's wake in the ocean. The wake is a V-shape of white water and foam, centered in the frame and extending from the top towards the bottom. The surrounding water is a deep, dark blue. The text 'I AM streamlined' is overlaid in the center of the image. 'I AM' is in a smaller, white, sans-serif font with a thin underline under the 'A'. 'streamlined' is in a larger, white, serif font.

I AM  
streamlined



I reduce resistance and minimize  
clutter in my life.





I AM  
strong



My physical and intellectual powers  
are my greatest resources.

I AM  
successful



I accomplish everything I set my mind to.

I AM  
thriving



I reap the benefits of a life spent in  
health, joy and contribution.



I AM  
transforming



I have the power to change,  
learn and grow.



A photograph of small purple flowers growing in a crevice of a rock face. The flowers are small, five-petaled, and have a dark purple center. They are surrounded by green foliage. The rock face is light-colored and textured. The overall image has a soft, slightly desaturated color palette.

I AM  
triumphant



I celebrate all victories, big and small.



I AM  
uplifted



I rise above to bring joy and happiness.



I AM  
vibrant



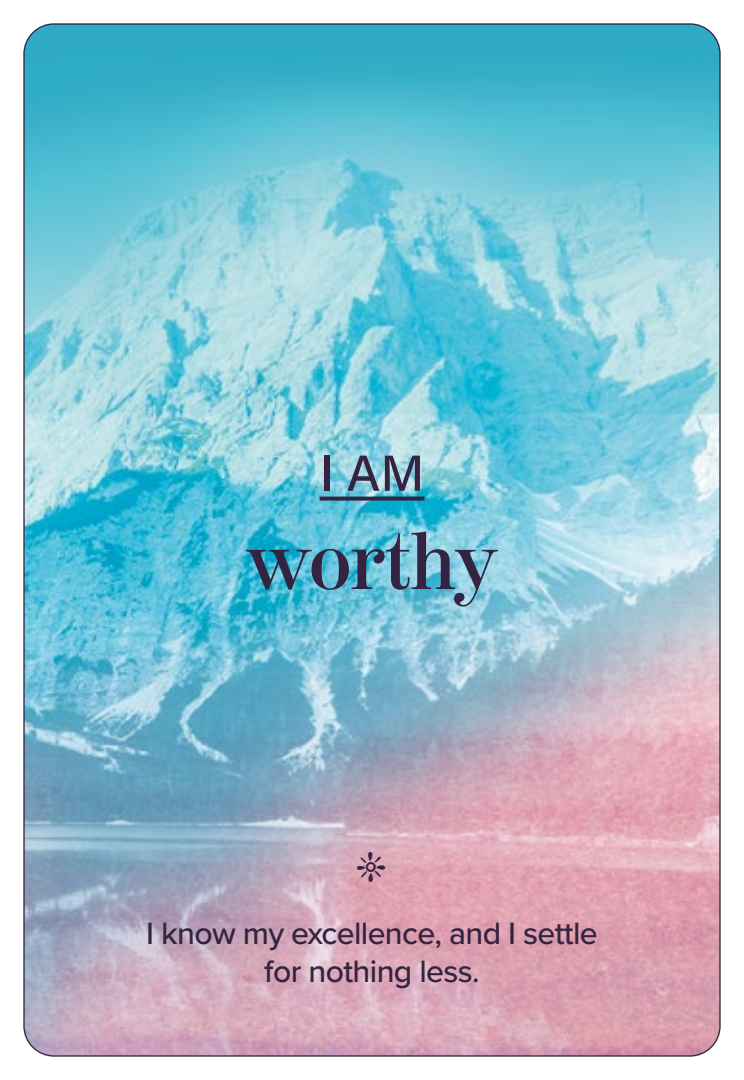
My bright energy glows onto  
everyone I encounter.

The background is an abstract composition of warm colors, primarily reds, oranges, and yellows, with some darker, textured areas in purple and blue. There are numerous soft, out-of-focus light spots (bokeh) scattered throughout, giving it a dreamy, ethereal quality. The overall texture appears to be that of a painted or layered surface.

I AM  
well-rounded



My skills and capabilities enrich my life  
and those around me.



I AM  
worthy



I know my excellence, and I settle  
for nothing less.