

**Phase 1**

Team Of Doing...

THIS JOURNAL BELONGS TO

"I AM...I AM.....I AM... it's clear.  
The I AM reality leaves nothing to fear.  
I see what I AM and like what I see.  
What's not to like about I AM and Me?"

-Barbara Ann Mack

**I AM ME**

**I AM CONNECTED**

# PHASE 1 SUPPLIES



tilly's  
**life**  
center

CLASS  
ELEMENTS

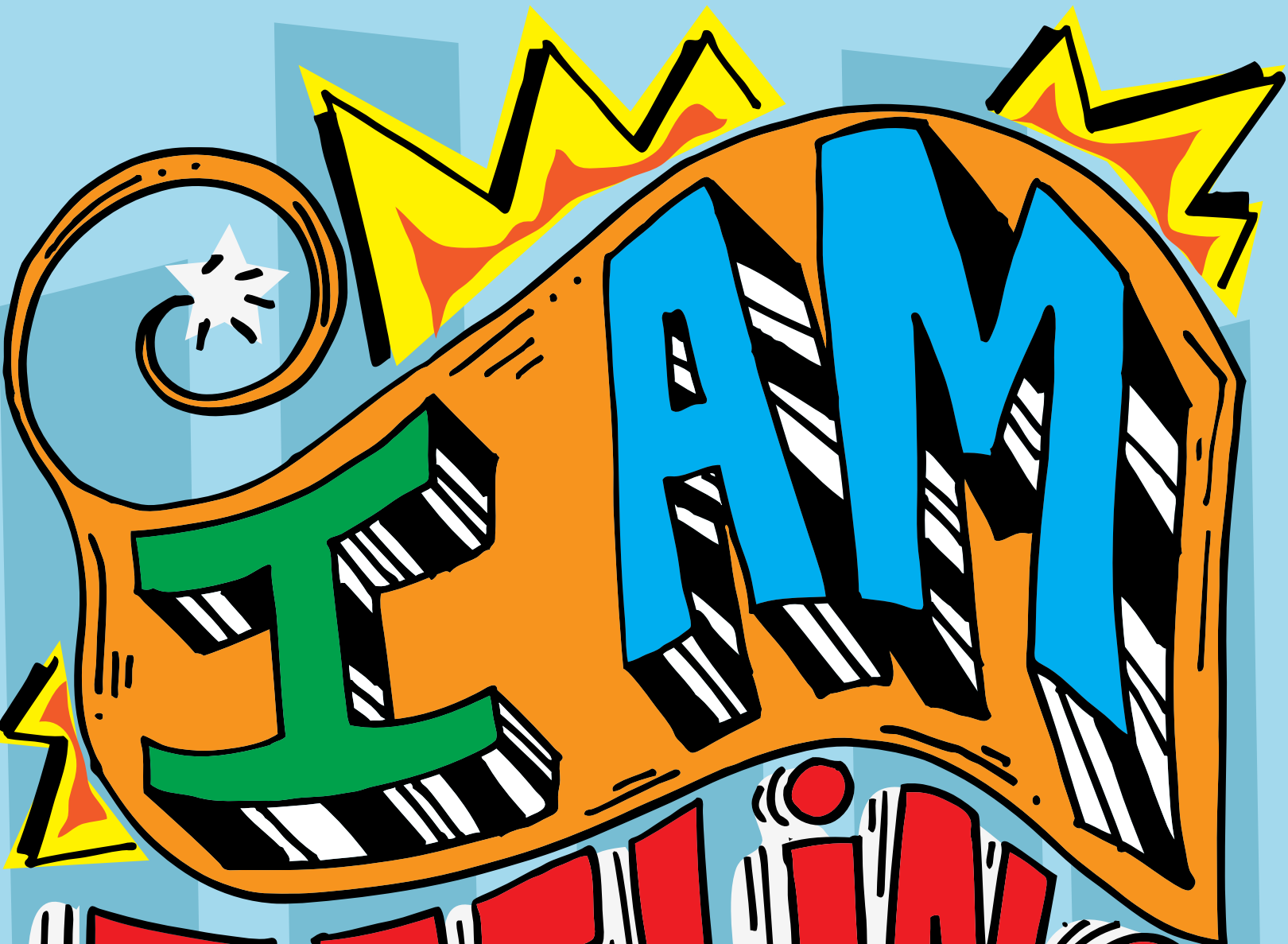
**I AM**



**I AM A GREAT**







## CONTENTS

<b>LESSON 1</b> - "I AM ME... TLC" .....	<b>4</b>
<b>LESSON 2</b> - "WHO AM I?" .....	<b>5</b>
<b>LESSON 3</b> - "I AM PEACEFUL" .....	<b>6</b>
<b>LESSON 4</b> - "I AM FEELING" .....	<b>7</b>
<b>LESSON 5</b> - "I AM FORGIVING" .....	<b>8</b>
<b>LESSON 6</b> - "I AM PART OF THE SOLUTION" .....	<b>9</b>
<b>LESSON 7</b> - "I AM COMMUNICATING" .....	<b>10</b>
<b>LESSON 8</b> - "I AM MOTIVATED" .....	<b>11</b>
<b>LESSON 9</b> - "I AM KIND" .....	<b>12</b>
<b>LESSON 10</b> - "I AM GIVING" .....	<b>13</b>
<b>LESSON 11</b> - "I AM HEARD" .....	<b>14</b>
<b>LESSON 12</b> - "I AM ON MY WAY" .....	<b>15</b>

# LESSON 1: I AM ME... TLC



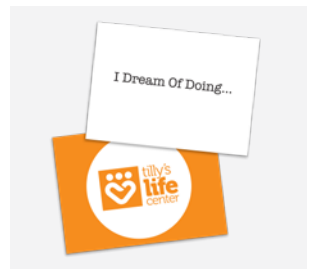
TLC JOURNALS – PHASE 1



TLC WHAT'S MY VIBE BOARD/BASE



TLC EMOTION BRACELETS 8 COLORS



TLC CIRCLE CARDS



TLC "I AM" NAME BADGES/ HOLDERS/LANYARDS



TLC PHOTO RELEASE (ENGLISH/SPANISH)

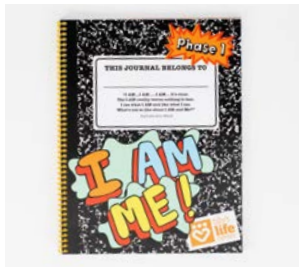


TLC CLASS AGREEMENT



ADDITIONAL SUPPLIES NOT INCLUDED:  
SHARPIES  
STICKER BAG

## LESSON 2: WHO AM I?



TLC JOURNALS – PHASE 1



TLC WHAT'S MY VIBE BOARD/BASE



TLC EMOTION BRACELETS 8 COLORS



TLC CIRCLE CARDS



TLC AFFIRMATION CARDS



ADDITIONAL SUPPLIES NOT INCLUDED:  
SHARPIES  
STICKER BAG



## LESSON 3: I AM PEACEFUL



TLC JOURNALS – PHASE 1



TLC WHAT'S MY VIBE BOARD/BASE



TLC EMOTION BRACELETS 8 COLORS

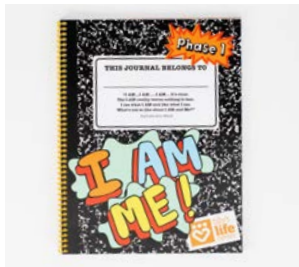


TLC CIRCLE CARDS



ADDITIONAL SUPPLIES  
NOT INCLUDED:  
SHARPIES

## LESSON 4: I AM FEELING



TLC JOURNALS – PHASE 1



TLC WHAT'S MY VIBE BOARD/BASE



TLC EMOTION BRACELETS 8 COLORS



TLC CIRCLE CARDS

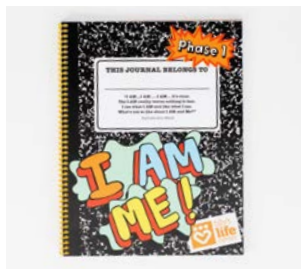


TLC FEELING CHARADES CARDS



ADDITIONAL SUPPLIES NOT INCLUDED:  
DIRECTOR CLAPPER  
GRAB BAG

## LESSON 5: I AM FORGIVING



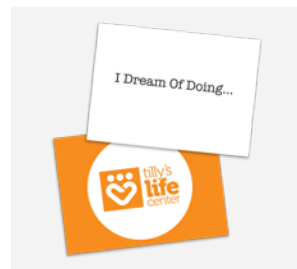
TLC JOURNALS – PHASE 1



TLC WHAT'S MY VIBE BOARD/BASE



TLC EMOTION BRACELETS 8 COLORS



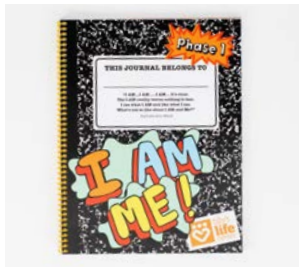
TLC CIRCLE CARDS



**ADDITIONAL SUPPLIES NOT INCLUDED:**  
 SHARPIES  
 POTTING SOIL  
 SEED PACKETS  
 SMALL BLANK PAPERS  
 SMALL CERAMIC POTS



## LESSON 6: I AM PART OF THE SOLUTION



TLC JOURNALS – PHASE 1



TLC WHAT'S MY VIBE BOARD/BASE



TLC EMOTION BRACELETS 8 COLORS



TLC CIRCLE CARDS



TLC BULLY BOARDS



ADDITIONAL SUPPLIES NOT INCLUDED:  
DIRECTOR CLAPPER  
FUZZY PLUSH BALL

# LESSON 7: I AM COMMUNICATING



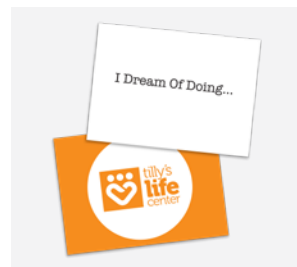
TLC JOURNALS – PHASE 1



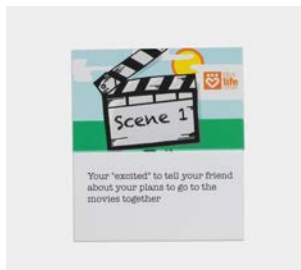
TLC WHAT'S MY VIBE BOARD/BASE



TLC EMOTION BRACELETS 8 COLORS



TLC CIRCLE CARDS



TLC COMMUNICATION SCENARIO CARDS



ADDITIONAL SUPPLIES NOT INCLUDED: DIRECTOR CLAPPER

## LESSON 8: I AM MOTIVATED



TLC JOURNALS – PHASE 1



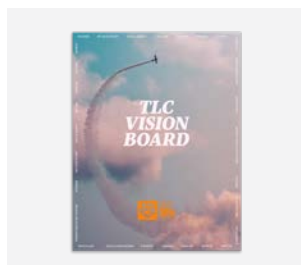
TLC WHAT'S MY VIBE BOARD/BASE



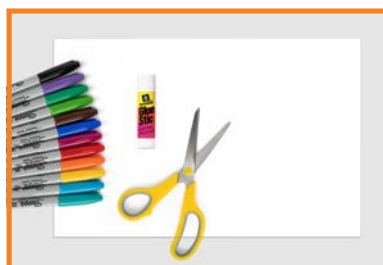
TLC EMOTION BRACELETS 8 COLORS



TLC CIRCLE CARDS



TLC VISION BOARDS



ADDITIONAL SUPPLIES NOT INCLUDED:  
11X17 CARDSTOCK  
GLUE STICKS  
SCISSORS  
SHARPIES



## LESSON 9: I AM KIND



TLC JOURNALS – PHASE 1



TLC WHAT'S MY VIBE BOARD/BASE



TLC EMOTION BRACELETS 8 COLORS



TLC CIRCLE CARDS



ADDITIONAL SUPPLIES  
NOT INCLUDED:  
INDEX CARDS

## LESSON 10: I AM GIVING



TLC JOURNALS – PHASE 1



TLC WHAT'S MY VIBE BOARD/BASE



TLC EMOTION BRACELETS 8 COLORS



TLC CIRCLE CARDS



TLC THANK YOU CARDS/ENVELOPES



ADDITIONAL SUPPLIES NOT INCLUDED:  
BOUQUET RIBBON  
CRAFT PAPER  
FLOWERS  
SCISSORS

## LESSON 11: I AM HEARD



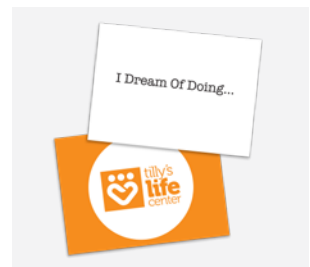
TLC JOURNALS – PHASE 1



TLC WHAT'S MY VIBE BOARD/BASE



TLC EMOTION BRACELETS  
8 COLORS



TLC CIRCLE CARDS



ADDITIONAL SUPPLIES NOT INCLUDED:  
DEVICE TO FILM  
PROPS/COSTUMES



## LESSON 12: I AM ON MY WAY



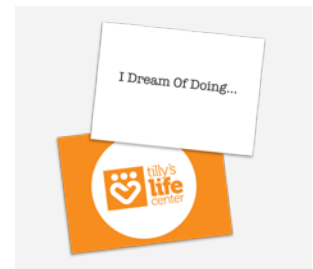
TLC JOURNALS – PHASE 1



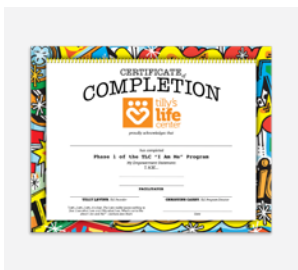
TLC WHAT'S MY VIBE BOARD/BASE



TLC EMOTION BRACELETS 8 COLORS



TLC CIRCLE CARDS



TLC GRAD CERTIFICATES PHASE 1



TLC EVALUATIONS – PHASE 1



ADDITIONAL SUPPLIES NOT INCLUDED: SHARPIES



# What's My Vibe?



- HAPPY • FRIENDLY • SUPPORTIVE
- COMPASSIONATE • HOPEFUL • OPEN
- CALM • FOCUSED • MINDFUL
- INSPIRED • CONFIDENT • IMAGINATIVE
- GRATEFUL • EMPOWERED • POSITIVE
- TIRED • DISTRACTED • ANGRY
- SAD • DEPRESSED • DISCOURAGED
- ANGRY • FRUSTRATED • STRESSFUL

Follow Us: 



Name: \_\_\_\_\_  
 Cell Number: \_\_\_\_\_  
 Home Number: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 School: \_\_\_\_\_

- Here are the Phases:
- Lesson 1: I Am Me  
This lesson provided an introduction to the program.
  - Lesson 2: Who Am I  
This lesson provided students with an opportunity to explore their identity.
  - Lesson 3: I Am Feeling  
In this lesson students were encouraged to explore their feelings and move toward positive feelings.
  - Lesson 4: This lesson provided students with an opportunity to explore their strengths.
  - Lesson 5: TLC presented five lessons to help students explore their strengths.
  - Lesson 6: Students gain confidence in their abilities.
  - Lesson 7: In this lesson students explore their future.

**CERTIFICATE OF COMPLETION**



proudly acknowledges

Phase 1 of the TLC My Empowerment Program

TILLY LEVINE TLC Founder

*"I AM, I AM, I AM. It's clear. The I Am reality leaves nothing to fear. I see what I am and I like what I see. What's not to like about I Am and Me?" - Barbara Ann Mack*

**TLC VISION BOARD**

WANDER MY SANCTUARY OUT & ABOUT MY JAM MY RIDGE HEALTH MY POTTYE WORDS CREATE MY FUTURE WANDER MY



I am "happy" it is my birthday

center

I Dream Of Doing...

