



I AM THE ONE

*The 21-Day  
Self Concept  
Course*

(Self-Directed)

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# Welcome

Your self concept is the foundation for your life.

Your self concept is the story you tell about yourself. It informs how you see the world, and how the world sees you.

When you have a strong and solid self concept, you can literally be, do and have anything you want.

Manifesting your ideal reality becomes as easy as easy and natural as smiling.

Yet, creating a powerful self concept is a conscious act that requires daily and consistent attention.

That's why I've created this course. I want to help you build the kind of self concept that is going to bring you everything you want, and more - a self concept of *your* making.

I've developed this course in alignment with the principles of the Law of Assumption, as taught by Neville Goddard.

It's time to become the person you want to be and experience the life you came here to live.

And it starts with the telling of a new story.

So let's begin...

Hedley x

# Instructions

It's been said that it takes 21 days to create a new habit. It makes sense then that it takes this long to embed a new story into your consciousness.

Each day you are given a powerful I AM statement. I AM is the unconditioned awareness, the All That Is. Our job as creators is to condition this awareness with what it is we want to experience in our reality.

Each day, there are four tasks to complete:

1. Repeat the affirmation *with feeling* at least five times in the morning and at night. To power up this activity, do this in front of a mirror.
2. Remember a time from your past when you experienced this condition in your life. Play it out as a scene in your mind.
3. Imagine how you would like to experience this condition in your future. Play it out as a scene in your mind.
4. Choose a scene from either your past or future and play the scene in your imagination as you fall asleep at night.

By engaging our imagination in this way every day, we are impressing our consciousness with the new story of who we are. This will eventually be reflected back in our reality.

*Enjoy!*

# Day 1

## I AM LOVED

01

Repeat this statement:

**I AM LOVED**

Repeat at least 5 times in the morning and 5 times at night.

And as many times as you like throughout the day.

Say it like you mean it!

02

Remember a time when you felt truly loved.

Imagine this moment as a scene in your mind.

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---

03

Think of how you like to experience feeling loved in the future.

Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you *know* you are loved.

And drift off to sleep...

# Day 2

## I AM SAFE

01

Repeat this statement:

**I AM SAFE**

At least 5 times in the morning and 5 times at night.  
And as many times as you like throughout the day.  
Say it like you mean it!

02

Remember a time when you felt completely safe.  
Imagine this moment as a scene in your mind.

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03

Think of how you like to experience feeling safe in the future.  
Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are safe.  
And drift off to sleep...

# Day 3

## I AM HEALTHY

01

Repeat this statement:

**I AM HEALTHY**

At least 5 times in the morning and 5 times at night.  
And as many times as you like throughout the day.  
Say it like you mean it!

02

Can you remember a time when you felt healthy?  
Imagine this moment as a scene in your mind.

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03

How would you like to experience your health in the future?  
Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are healthy.  
And drift off to sleep...

# Day 4

## I AM WORTHY

01

Repeat this statement:

**I AM WORTHY**

at least 5 times in the morning and 5 times at night.

And as many times as you like throughout the day.

Say it like you mean it!

02

Can you remember a time when you felt worthy?

Imagine this moment as a scene in your mind.

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03

How would you like to experience your worth in the future?

Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are worthy.

And drift off to sleep...

# Day 5

## I AM ENOUGH

01

Repeat this statement:

**I AM ENOUGH**

at least 5 times in the morning and 5 times at night.  
And as many times as you like throughout the day.

Say it like you mean it!

02

Can you remember a time when you felt enough?  
Imagine this moment as a scene in your mind.

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03

How would you like to experience feeling enough in the future?  
Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you *know* you are enough.

And drift off to sleep...

# Day 6

## I AM VALUED

01

Repeat this statement:

**I AM VALUED**

At least 5 times in the morning and 5 times at night.  
And as many times as you like throughout the day.  
Say it like you mean it!

02

Can you remember a time when you felt valued?  
Imagine this moment as a scene in your mind.

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03

How would you like to experience your value in the future?  
Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are VALUED.  
And drift off to sleep...

# Day 7

## I AM CHOSEN

01

Repeat this statement:

**I AM CHOSEN**

At least 5 times in the morning and 5 times at night.

And as many times as you like throughout the day.

Say it like you mean it!

02

Can you remember a time when you felt chosen?

Imagine this moment as a scene in your mind.

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03

How would you like to experience being chosen in the future?

Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are CHOSEN.

And drift off to sleep...

# Day 8

## I AM SIGNIFICANT

01

Repeat this statement:

**I AM SIGNIFICANT**

At least 5 times in the morning and 5 times at night.  
And as many times as you like throughout the day.  
Say it like you mean it!

02

Can you remember a time when you felt significant?  
Imagine this moment as a scene in your mind.

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03

How would you like to experience feeling significant in the  
future?  
Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to  
sleep tonight, play this scene over and over in your imagination,  
activating your imaginary senses until it feels real and you know  
you are SIGNIFICANT.  
And drift off to sleep...

# Day 9

## I AM INTELLIGENT

01

Repeat this statement:

**I AM CONFIDENT**

At least 5 times in the morning and 5 times at night.

And as many times as you like throughout the day.

Say it like you mean it!

02

Can you remember a time when you felt intelligent?

Imagine this moment as a scene in your mind.

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03

How would you like to experience your intelligence in the future?

Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are INTELLIGENT.

And drift off to sleep...

# Day 10

## I AM JOYFUL

01

Repeat this statement:

**I AM JOYFUL**

At least 5 times in the morning and 5 times at night.  
And as many times as you like throughout the day.  
Say it like you mean it!

02

Can you remember a time when you felt joyful?  
Imagine this moment as a scene in your mind.

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03

How would you like to experience joy in the future?  
Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you *know* you are JOYFUL.  
And drift off to sleep...

# Day 11

## I AM ABUNDANT

01

Repeat this statement:

**I AM ABUNDANT**

At least 5 times in the morning and 5 times at night.

And as many times as you like throughout the day.

Say it like you mean it!

02

Can you remember a time when you felt abundant?

Imagine this moment as a scene in your mind.

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03

How would you like to experience being abundant in the future?

Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are ABUNDANT.

And then drift off to sleep...

# Day 12

## I AM RELAXED

01

Repeat this statement:

**I AM RELAXED**

At least 5 times in the morning and 5 times at night.  
And as many times as you like throughout the day.  
Say it like you mean it!

02

Can you remember a time when you felt relaxed?  
Imagine this moment as a scene in your mind.

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03

How would you like to experience being relaxed in the future?  
Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you *know* you are RELAXED.  
And then drift off to sleep...

# Day 13

## I AM SUCCESSFUL

01

Repeat this statement:

**I AM SUCCESSFUL**

At least 5 times in the morning and 5 times at night.

And as many times as you like throughout the day.

Say it like you mean it!

02

Can you remember a time when you felt successful?

Imagine this moment as a scene in your mind.

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03

How would you like to experience being successful in the future?

Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are **SUCCESSFUL**.

And then drift off to sleep...

# Day 14

## I AM MAGNETIC

01

Repeat this statement:

**I AM MAGNETIC**

at least 5 times in the morning and 5 times at night.

And as many times as you like throughout the day.

Say it like you mean it!

02

Can you remember a time when you felt magnetic?

Imagine this moment as a scene in your mind.

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03

How would you like to experience your magnetic in the future?

Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you *know* you are MAGNETIC.

And drift gently off to sleep...

# Day 15

## I AM GENEROUS

01

Repeat this statement:

**I AM GENEROUS**

at least 5 times in the morning and 5 times at night.

And as many times as you like throughout the day.

Say it like you mean it!

02

Can you remember a time when you felt generous?

Imagine this moment as a scene in your mind.

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---

03

How would you like to experience being generous in the future?

Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are GENEROUS.

And drift gently off to sleep...

# Day 16

## I AM BEAUTIFUL

01

Repeat this statement:

**I AM BEAUTIFUL**

At least 5 times in the morning and 5 times at night.

And as many times as you like throughout the day.

Say it like you mean it!

02

Can you remember a time when you knew felt beautiful?

Imagine this moment as a scene in your mind.

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03

How would you like to experience your beauty in the future?

Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are BEAUTIFUL.

And drift gently off to sleep...

# Day 17

## I AM POWERFUL

01

Repeat this statement:

**I AM POWERFUL**

At least 5 times in the morning and 5 times at night.  
And as many times as you like throughout the day.  
Say it like you mean it!

02

Can you remember a time when you felt powerful?  
Imagine this moment as a scene in your mind.

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03

How would you like to experience your power in the future?  
Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are POWERFUL  
And drift gently off to sleep...

# Day 18

## I AM CREATIVE

01

Repeat this statement:

**I AM CREATIVE**

At least 5 times in the morning and 5 times at night.

And as many times as you like throughout the day.

Say it like you mean it!

02

Can you remember a time when you felt creative?

Imagine this moment as a scene in your mind.

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---

03

How would you like to experience your creativity in the future?

Imagine this as a scene in your mind.

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04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are CREATIVE.

And drift gently off to sleep...

# Day 19

## I AM LIGHT

01

Repeat this statement:

**I AM LIGHT**

At least 5 times in the morning and 5 times at night.  
And as many times as you like throughout the day.  
Say it like you mean it!

02

Can you remember a time when you felt truly light?  
Imagine this moment as a scene in your mind.

---

---

03

How would you like to experience your light in the future?  
Imagine this as a scene in your mind.

---

---

04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are LIGHT.

And drift gently off to sleep...

# Day 20

## I AM FREE

01

Repeat this statement:

**I AM FREE**

At least 5 times in the morning and 5 times at night.  
And as many times as you like throughout the day.  
Say it like you mean it!

02

Can you remember a time when you felt completely free?  
Imagine this moment as a scene in your mind.

---

---

03

How would you like to experience feeling free in the future?  
Imagine this as a scene in your mind.

---

---

04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you know you are FREE.  
And drift gently off to sleep...

# Day 21

## I AM THE ONE

01

Repeat this statement:

**I AM THE ONE**

At least 5 times in the morning and 5 times at night.

And as many times as you like throughout the day.

Say it like you mean it!

02

Can you remember a time when you knew you were the one?

Imagine this moment as a scene in your mind.

---

---

03

How would you like to experience being the one in the future?

Imagine this as a scene in your mind.

---

---

04

Choose the scene you feel most connected to. As you go to sleep tonight, play this scene over and over in your imagination, activating your imaginary senses until it feels real and you *know* you are THE ONE.

And drift gently off to sleep...

# Additional Affirmations

If you want to continue this program you can add these statements or insert  
your own:

I AM CALM

I AM CENTRED

I AM FAITHFUL

I AM WANTED

I AM SEXY

I AM KIND

I AM INTERESTING

I AM CAPABLE

I AM TALENTED

I AM AMAZING

I AM INFINITE

I AM WEALTHY

I AM...

# Congratulations

Woo hoo! You have successfully claimed yourself as The One you are,  
have always been and will always be.

In the assuming of this new story,  
your reality, which as you now know, is the reflection of consciousness,  
must reflect back to you this story in physical form.

Remember, while this program may have ended, the commitment to  
your self concept never ends. When you commit to reminding yourself  
of who you choose to be every day, you commit to yourself.

And, there is no greater commitment.

On your journey ahead, always remember...

You are the Creator of your reality.

You are the super Star of your show.

You are the Producer, the Writer, the Director and the Actor  
of your movie,

whatever you assume to be true will be so.

So, assume the best for You

and, assume the best for Everyone in your movie too.

And You will have an amazing life.

This is my wish for You.

Hedley x

# Additional Support

If you would like to continue this work with personalised support, I offer one-to-one Law of Assumption coaching sessions.

All coaching sessions are based on the Law of Assumption principles and personalised to your specific needs, whether that is revising a past situation or creating a new narrative for a future experience.

For more information, please go to:

[www.youaretheone.com.au](http://www.youaretheone.com.au)