



FaithWorks Counseling

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Daily Affirmations

1. I am loved and valued just as I am.

Romans 5:8 (NIV):

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

2. I am created with purpose and intention.

Jeremiah 29:11 (NIV):

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

3. I am not defined by my past mistakes.

2 Corinthians 5:17 (NIV):

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

4. I am strong and capable through God's power.

Philippians 4:13 (NIV):

"I can do all this through him who gives me strength."

5. I am worthy of kindness, respect, and love.

Psalms 139:14 (NIV):

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

6. I do not need to earn my worth—I already have it in Christ.

Ephesians 2:10 (NIV):

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

7. God sees me, hears me, and cares deeply about me.

1 Peter 5:7 (NIV):

"Cast all your anxiety on him because he cares for you."

8. I am growing every day into the person God made me to be.

Philippians 1:6 (NIV):

"...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

9. My voice matters. My needs are important.

Isaiah 41:10 (NIV):

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

10. *I am not alone. God walks with me in every step.*

Deuteronomy 31:6 (NIV):

“Be strong and courageous. Do not be afraid or terrified... for the Lord your God goes with you; he will never leave you nor forsake you.”