



FaithWorks Counseling
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Daily Self-Esteem & Faith Journal Page

"You are altogether beautiful, my darling; there is no flaw in you." – Song of Solomon 4:7

Name: _____ **Date:** _____

Daily Affirmation

Write or circle one affirmation that speaks to you today:

- I am loved and valued just as I am.
- I am created with purpose and intention.
- I am not defined by my past mistakes.
- I am strong and capable through God's power.
- I am worthy of kindness, respect, and love.
- I do not need to earn my worth—I already have it in Christ.
- God sees me, hears me, and cares deeply about me.
- I am growing every day into the person God made me to be.
- My voice matters. My needs are important.
- I am not alone. God walks with me in every step.

Today's Affirmation:

Scripture Reflection

Choose a Bible verse (from the list or one of your own), and write it here:

Verse:

What this verse means to me today:

Reflection Questions

1. What negative thought or self-doubt came up for me today?

2. How did I respond to it? What could I do differently next time?

3. Where did I see God's presence, provision, or love in my day?

4. What is one small, kind thing I can do for myself today?

Prayer or Gratitude

Write a short prayer or list 3 things you're grateful for today.