

Week 4: Restore - Affirmations

Now, it's been said that 80% of our self-talk is negative, which has more power over us than you might think. We **MUST** change this. Our minds play a huge role in determining our success and it is imperative we overcome this negative self-talk so we can move forward toward success and restoration in all areas of our life.

Today, I want you to start writing out positive affirmation statements about who you are and what you want to become.

But first, I want you to take a few minutes and listen to that **inner critic**. You know, that negative voice in your head. What is it telling you? What is it making you believe about yourself?

Ex. I am tired, stupid, fat, lazy, and can't get my life together.

Let me tell you straight up. All those things are LIES from the enemy.

Ok, now take a piece of paper and write out the opposite of all those negative things that voice has been telling you. Write out the **positive** statements that contrast that negative critic.

I will give you a few examples:

- *I am patient with my kids and enjoy playing games with them.*
- *I'm energetic and have the stamina to do all the things God calls me to do.*
- *I love my arms and legs because they are beautiful and strong and get me from A to B.*
- *I speak with passion, I write with clarity, and I am a person who actively seeks God in everything.*

Do not use the words should, wish, hope, want or anything that designates a past or future desire. Keep it present tense. Even if you don't believe it, state these affirmations like you already ARE these things.

Now, repeat these statements EVERY DAY by journaling them and saying them out loud until we meet again.

AFFIRMATIONS

Lies

Truth

I'm selfish

I'm generous and love giving to others

I'm ugly

God created me, I'm beautiful inside and out

I will never be happy

God helps me be a happy and joyful person

Nobody loves me

God never rejects me and is my friend

I'm not talented enough

I have unique talents and gifts to use

She should tell me sorry

I forgive others and always respond kindly

I need someone

God fills me completely with everything I need

I'm such a fool

I'm wise and discerning in everything I do

I'm a worrier

I am strong and courageous

I can't do this

I can do this through Christ's strength within me

(keep adding the lies you hear and replace them with claiming affirmations of truth, even if you don't believe them yet.)