

MY DAILY TRUTHS

Sometimes we need a reminder of what's real and true about who we are. This sheet is a chance to pause, reflect, and speak life over yourself. Fill in the blanks with words that encourage you, remind you of your worth, and point you back to the truth. We'll get you started!

I am lovable, capable, and worthwhile.

I am loved without strings and never alone.

I have a future.

I am... _____

I am... _____

I am... _____

I am... _____

I am... _____

I am... _____

I am... _____

I am... _____

I am... _____

I am... _____

I am... _____

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I am... _____

I am... _____