

I AM CONFIDENT IN MY IDENTITY AND EMBRACE MY CHOSEN IDENTITY

I prioritize my roles as a loyal friend, loving parent, responsible employee, and fun-loving individual. My self-perception shapes my behavior and character.

Rather than defining myself by my background, I focus on where I head. By speaking positively about myself, I uplift my spirit and reaffirm my self-worth.

I know I have a purpose and value in the eyes of my loved ones and my Creator. Negative opinions from others do not affect me because I reject them and move on. Instead, I focus on my inner strength and greatness.

Embracing my self-worth empowers me to take bold risks and strive for excellence. I let go of self-doubt and refrain from judging others. Today, I recognize my value and open myself up to endless possibilities.

REFLECTION QUESTIONS

1

What are some of my strengths and positive attributes?

2

How can I dismiss negative criticism and focus on my strengths?

3

How can I overcome self-doubt and take more risks in my life?