

AFFIRMATIONS

THERE IS ROOM FOR YOUR FULL IDENTITY

not so small talk

i am letting go of who i thought i should be
and embracing who i am—here and now.



God lives within me, therefore my weaknesses
are a platform for his glory and an instrument
for his strength.



i choose to see myself through Christ's
restorative lens. i am the most beautiful form
of imperfection—a vessel of his divine nature.



i give myself permission to be human.



i am stepping out of the shadow of shame and
accepting his grace. i am worthy of love and
belonging.



my worthiness is attached to my God-given
identity. my struggles and successes do not
define me.



i am not my experiences.



i am showing up entirely and embracing my
divine narrative.



nothing can change my intrinsic value because
God shapes my totality; so, all other opinions
have no actual weight.



as i reclaim my story, i fix my eyes on the Son,
who empowers me to walk in dignity.



JOURNAL EXERCISE

THERE IS ROOM FOR YOUR FULL IDENTITY

embrace all that is you

1. do you feel you can bring all your layers to the surface, or do you feel the need to hide?
2. how are you learning to allow God shape your identity instead of your experiences?
3. how are you reclaiming the parts of yourself that have been ignored or misunderstood?

as you continue to evolve and expand into unfamiliar spaces, cling to God and lean into his community. whether your battle is internal or visible, know that you are not alone in this transformation process. we are evolving together. thank you for being a part of this community.

brittney

LET'S STAY CONNECTED

DONATE