

# affirmations

RESTORING DIGNITY WHERE IT'S BEEN LOST

not so small talk

as i expand into the person God has created  
me to be, i embrace my life as a beautiful  
continuum of amazing growth opportunities.

i belong here and am worthy of belonging. so i  
release the pressure of having to define myself  
and embrace my restored placement and  
direction.

as i redefine my sense of self and view of others, i  
allow the Creator of All Things to teach me how to  
show up for myself and others.

i'm choosing to see myself through a restored lens. i embrace the gift of new beginnings and release my need to control the uncontrollable.

i am caught and held in the arms of my Maker  
as he reminds me i am his. and in that loving  
embrace, he repurposes the pain.

i am loosening the knots of comfortability and  
allowing the discomfort to teach me how to be  
a stand of love and the embodiment of  
kindness.

i choose to see and use the power of my  
influence and serve each season well—even  
when it requires sacrifice.



i extend love to myself and others and  
choose to magnify my God-given gifts  
with intention.

i choose to engage with courage more than  
comfort and love over judgment to fulfill my  
divine intention as God's love informs me.

i'm learning to pursue peace in the middle of the storm. in this uncomfortable middle space called change, i will experience restoration.

# journal exercise

HONORING THE IMAGE OF GOD IN OURSELVES & OTHERS

growing in understanding

sometimes you end up in situations where you catch yourself thinking, "this feels very familiar." these are pivotal moments where it's essential to do some self-reflection and to be honest with yourself. there are valuable lessons to be learned from reoccurring situations. if you don't acknowledge and learn from them, you will continue to revisit them - in different places and with other people.

1. take time to think about your view of race relations nationally and globally.

- this makes me feel...
- i notice myself typically thinking...
- what i tend to say/do is...
- this is/isn't benefiting me because...

2. what could God be trying to teach me?

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

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