



Truth Agreements

When you find that you have a lot of negative “inner chatter,” here are some things you could declare and agree with that will “take those thoughts captive” and silence the inner critic.

I have unique God-given gifts that the world needs.

The Kingdom of God is impacted when I step into my freedom.

I always find a way to move forward.

I am an overcomer, not a victim.

Things are going exactly as they’re supposed to.

I am right where I’m supposed to be.

I can do hard things.

I can trust that God is for me.

I am brave and courageous.

Being my authentic self is the best version of me.

Feeling emotions will not kill me or take me under.

I’m willing to feel all the emotions in this human experience called life.

I don’t have to take things personally.

I am safe.

Every day I’m moving towards the life I love and desire.

I am not defined by my experiences or my performance.

My value and worth are intrinsic just by the nature of being a child of God.

Things are working out for my good.

I am loved.

I can rest in the knowledge that God is directing my steps.