

YOUR WORTH REWRITTEN

1.TOOL

Identity Anchoring

2. CONCEPT RECAP

Identify the anxious lie and replace it with biblical truth. Your identity is shaped by God's voice, not fear's whisper.

3. JOURNAL PROMPT

What anxious story did I believe today, and what truth replaces it?

4. SCRIPTURE

*"You are God's chosen people, holy and dearly loved."
— Colossians 3:12*

5. AFFIRMATION

My worth is God-given, steady, and secure.

6. MICRO-ACTION

Speak one identity truth aloud anytime doubt rises.