

The Worth Reset

7 FAITH-FILLED AFFIRMATIONS TO REBUILD YOUR CONFIDENCE IN GOD'S TRUTH

Because your worth was never lost — it was spoken by God before you were born



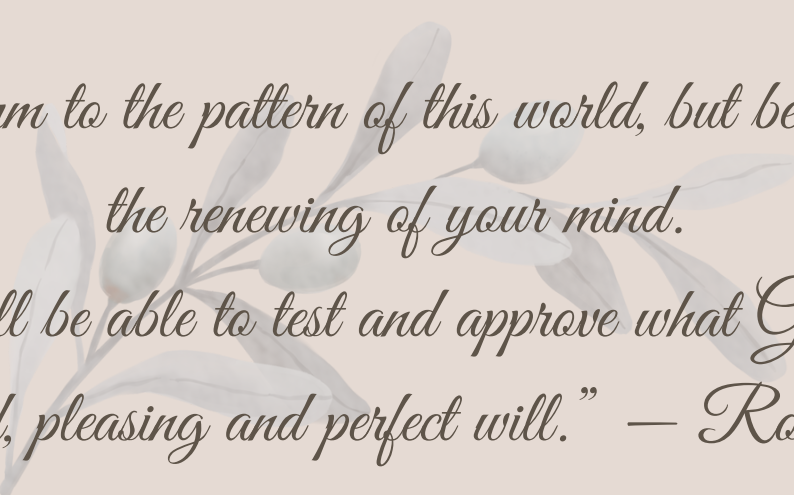
FAITHFULLY SHE

Dear Daughter of God,

There's a quiet battle happening in the hearts of women — a battle between truth and unworthiness. We know that battle well. We've faced the voice that whispers, "You're not enough. You're falling behind. You're too much." But the voice of God says something entirely different.

This devotional will help you silence the lies and reset your worth through seven affirmations rooted in Scripture and simple mindset tools. You'll hear both faith reflections (Tricia) and behavioral truths (Regan) that work together to renew your mind and anchor your heart. Each day, you'll read a verse, reflect, and declare your worth out loud — because truth changes everything when you speak it over yourself.

With grace and confidence,
Tricia & Regan
Faithfully She



“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Then you will be able to test and approve what God's will is— His good, pleasing and perfect will.” — Romans 12:2

DAY 1 — I AM CHOSEN, NOT OVERLOOKED

Scripture:

“You did not choose Me, but I chose you.” — John 15:16

Faith Reflection (Tricia):

When you feel unseen, remember: God saw you first. He called you by name, not because of your achievements, but because of His purpose.

Behavior Truth (Regan):

Your brain naturally looks for evidence of rejection — but faith rewires that.

Repeat this: “I am seen. I am chosen. I belong.

Affirmation:

“I am chosen by God, and my worth isn’t up for debate.”

Prompt:

When have I mistaken being unseen by people for being unseen by God?

DAY 2 — I AM ENOUGH BECAUSE HE IS

Scripture:

“My grace is sufficient for you, for My power is made perfect in weakness.” — 2 Corinthians 12:9

Faith Reflection (Tricia):

God never asked you to be enough — He asked you to be His. Your confidence grows when you rest in His strength, not your own.

Behavior Truth (Regan):

Perfectionism is a protection mechanism. But you don't need it when you feel safe in grace.

Affirmation:

“I am enough because He is enough in me.”

Prompt:

Where do I need to stop striving and let grace lead?

DAY 3 — I AM REDEEMED, NOT DEFINED BY MY PAST

Scripture:

“He has removed our sins as far from us as the east is from the west.” — Psalm 103:12

Faith Reflection (Tricia):

Your past is not a prophecy — it’s a place where grace was proven.

Redemption is your new name.

Behavior Truth (Regan):

Shame attaches identity to behavior. But behavior is something you did, not who you are.

Affirmation:

“My past is forgiven. My future is secure. I walk redeemed.”

Prompt:

What part of my story am I still letting define me?

DAY 4 — I AM STRENGTHENED, NOT SHAKEN

Scripture:

“God is within her, she will not fall.” — Psalm 46:5

Faith Reflection (Tricia):

When you face storms, remember that peace isn't the absence of chaos — it's the presence of Christ within you.

Behavior Truth (Regan):

When you breathe and self-regulate, you tell your nervous system: “I'm safe.” That's how you lead from strength instead of stress.

Affirmation:

“I am strong because God sustains me.”

Prompt:

Where in my life can I choose peace over pressure?

DAY 5 — I AM CALLED FOR PURPOSE, NOT PERFORMANCE

Scripture:

“For we are His workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”—
Ephesians 2:10

Faith Reflection (Tricia):

You don't have to perform for God — He already
positioned you.

Your calling flows from who you are, not how hard you try.

Behavior Truth (Regan):

Productivity does not equal worth. Rest is part of your
purpose, too.

Affirmation:

“My worth is not in what I produce, but in who He created me
to be.”

Prompt:

What would change if I led from purpose, not pressure?

DAY 6 — I AM LOVED, NOT FORGOTTEN

Scripture:

“Even if my father and mother abandon me, the Lord will hold me close.” — Psalm 27:10

Faith Reflection (Tricia):

God’s love is the one constant that will never leave you. You are always remembered, always cherished.

Behavior Truth (Regan):

When we fear abandonment, we tend to over-please or withdraw. Love is the safety cue that resets that fear.

Affirmation:

“I am deeply loved and securely held by God.”

Prompt:

What does God’s love free me to stop performing for?

DAY 7 — I AM BECOMING WHO GOD SAYS I AM

Scripture:

“The one who began a good work in you will carry it on to completion.” — Philippians 1:6

Faith Reflection (Tricia):

You don't have to rush your becoming. Growth in grace is still progress.

God is not finished with you — He's faithful in the process.

Behavior Truth (Regan):

Celebrate small wins. The brain builds confidence through repetition, not perfection.

Affirmation:

“I am growing, healing, and becoming who God says I am.”

Prompt:

What fruit of growth can I thank God for today?

THE RESET

"You are not what you've done. You are not what you fear. You are who God says you are — chosen, loved, and called for purpose."

Speak these affirmations daily.

Watch how your heart softens and your confidence rebuilds in truth.



Want to keep growing in your worth and confidence?

Join our Faithfully She Community — where we help women walk boldly in faith, confidence, and purpose through spiritual growth and behavior tools.

👉 Join our Letters of Faith [Here](#)

Or find us on Instagram @faithfully.she for daily encouragement.



Hello!

We're a mother-daughter team passionate about helping women of faith overcome anxiety, rebuild confidence, and lead with calm and purpose.

I (Tricia) bring decades of leadership, mentoring, and faith-based teaching experience — alongside a Doctorate in Organizational Leadership and a heart for guiding women through life's transitions.

Regan is a Board-Certified Behavior Analyst (BCBA) who specializes in behavior techniques, mindset tools, and practical strategies for calm living.

Together, we blend faith + behavioral science + mentorship to help women step into their God-given purpose with peace and confidence.

"Our prayer is that through every word and every tool, you'll be reminded of who you are — chosen, equipped, and worthy of calm confidence."

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Tricia and Regan



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