

MY STORY IS NOT OVER

# WHO AM I REALLY?

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*Discovering My Identity in Christ*

*A guided journey from belief to truth, reflection and intentional action.*

## THE JOURNEY

LEARN • DISCOVER • REFLECT • RECEIVE • PRACTICE

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# A NOTE FROM LINDSAY

There was a time when I thought I knew who I was.

I knew the roles I played. I knew what people expected from me. I knew what I had achieved. I knew what I had survived. I knew the things people had said about me.

But somewhere along the way, I realised something: I had become very familiar with who everyone else thought I was, while becoming a stranger to myself.

Sometimes life introduces us to ourselves through pain. We begin to define ourselves by our failures, relationships, childhoods, losses, mistakes, appearance, careers, responsibilities and even the things we have survived.

But what if those things are part of your story without being the definition of your identity?

What if the question isn't "Who have I become?" but "Who did God create me to be?"

This workbook isn't about creating a new version of yourself. It is an invitation to come home—to remember, to question the labels, to challenge the beliefs, and to sit with God and ask: "Father, who am I really?"

*Welcome home.* 

# THIS IS MORE THAN A REFLECTION JOURNAL

This workbook is designed to help you move from awareness to action. You will learn what Scripture says, understand what that truth means, examine what you have believed, identify what you believe now, and take one small intentional step.

## THE RHYTHM

LEARN — What does Scripture teach?

DISCOVER — What does this truth mean for my life?

REFLECT — What have I believed instead?

RECEIVE — What do I believe now?

PRACTICE — What is one small intentional step I can take?

## A GENTLE NOTE

Some reflections may bring up painful memories or strong emotions. You do not have to force yourself through anything. Pause, pray, ground yourself, and seek appropriate support when needed.

# I WAS KNOWN

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## LET'S SIT WITH THIS

### Jeremiah 1:5

Before anyone had an opinion about you, God knew you. Before your parents named you, before a teacher told you what you were good at, before someone rejected you, before someone loved you well or failed to love you well — God knew you.

We sometimes read **“Before I formed you in the womb I knew you”** too quickly. This is about more than God knowing your name. It speaks to something deeper: you were never an accident to God.

So much of our identity gets built from what happens to us. Someone tells you that you're difficult — and eventually you wonder if you are. Someone compares you — and you spend years trying to prove you're good enough. Someone leaves — and you begin believing you aren't worth staying for.

Life happens, and sometimes we allow our experiences to introduce us to ourselves.

**But Jeremiah takes us somewhere deeper:** before the experiences, before the labels, before the wounds, before the achievements and mistakes — there was you, known by God.

Your circumstances may tell you what you have experienced, but they do not get the final authority to tell you who you are.

Maybe you've spent years asking, “Am I enough? Am I lovable? Am I worthy? Who am I now?” Perhaps the better place to begin is not “Who does everyone else say I am?” but “Who does God say I am?”

Your identity did not begin with your childhood, your marriage, motherhood, career, greatest success or greatest failure. Your identity began with God.

Perhaps coming home to yourself means uncovering the person who was always there underneath the labels, expectations, wounds and survival strategies.

*My identity began with God, not my circumstances.*

# THE TRUTH

## SCRIPTURE • JEREMIAH 1:5

“Before I formed you in the womb I knew you.”

## SCRIPTURE • PSALM 139:13–16

“You created my inmost being; you knit me together in my mother's womb.”

## LEARN

Before your parents knew you, God knew you. Before you achieved anything, God knew you. Before you made mistakes, God knew you. Before someone rejected, abandoned, criticised or misunderstood you, God knew you.

Your identity did not begin with your experiences. Your identity began with God.

## DISCOVER — What does this truth mean?

An experience can be part of your story without becoming the definition of who you are. We often work backwards: something happens, we interpret it, and then we turn that interpretation into an identity. Scripture invites us to start somewhere deeper: God knew us before those experiences.

## REFLECT — What have I allowed to define me?

*Childhood, relationships, mistakes, appearance, career, failures, achievements, grief, other people's opinions or responsibilities?*

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## RECEIVE — What do I believe now?

### MY TRUTH STATEMENT

*I used to think my experiences defined me. Today I am beginning to understand that...*

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## PRACTICE — One small intentional step

### THIS WEEK

Notice one moment when you define yourself by something that happened to you. Pause and say: “That is part of my story. It is not the whole truth about who I am.” Then replace it with one Scripture-based truth.

### WHAT DID I NOTICE?

*What changed when I practised this truth?*

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# I WAS CREATED ON PURPOSE

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## LET'S SIT WITH THIS

### Ephesians 2:10

There is something deeply freeing about the words “God's workmanship.”

You are not a mistake God is trying to fix. You are not an unfinished version of someone else. You are God's workmanship.

The world can teach us to measure ourselves by what we achieve — our salary, body, relationship status, qualifications, children's success, appearance, house or usefulness to others. But none of those things created your worth.

They may describe parts of your life, but they cannot determine your value.

Ephesians 2:10 reminds us that God created us intentionally. Your life has meaning beyond what you produce.

Maybe you've spent years trying to prove that you are enough. Maybe being useful made you feel valuable. Maybe being needed became more comfortable than simply being loved.

But God does not say, “You are valuable because you performed well.” He says you are His workmanship.

You can stop auditioning for worth.

Purpose is not a frantic search for one perfect thing that will finally make your life meaningful. It is learning to use the person God created you to be — your gifts, experiences, compassion, wisdom and story — in ways that reflect Him.

You don't have to become someone else to have purpose. You get to discover how the person God created you to be can live purposefully.

*My worth isn't something I have to earn.*

# THE TRUTH

## SCRIPTURE • GENESIS 1:27

“God created mankind in his own image.”

## SCRIPTURE • PSALM 139:14

“I praise you because I am fearfully and wonderfully made.”

## SCRIPTURE • EPHESIANS 2:10

“For we are God's handiwork, created in Christ Jesus to do good works.”

## LEARN

Think about how much of life can become a performance review: Am I successful enough? Pretty enough? Loved enough? Needed enough? Productive enough?

Scripture gives us a different foundation. You do not become valuable because you achieve something. Your value begins with the One who created you.

## DISCOVER — What does this truth mean?

If your worth comes from God, you can grow without hating who you currently are. You can improve without proving your value. You can fail without becoming a failure.

## REFLECT — Where have I been trying to earn my worth?

*Achievement? Appearance? Approval? Productivity? Relationship status? Money? Being needed?*

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## REFLECT — What happens when those things change?

*How does my sense of worth respond?*

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## RECEIVE — What do I believe now?

### MY TRUTH STATEMENT

*My worth is not dependent on \_\_\_\_\_. My worth is grounded in \_\_\_\_\_.*

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## PRACTICE — One small intentional step

### THIS WEEK

Choose one thing you normally do to prove your worth. Deliberately do one thing simply because it is healthy, joyful or meaningful—not because it earns approval.

### WHAT DID I NOTICE?

*What changed when I practised this truth?*

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# I AM A CHILD OF GOD

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## LET'S SIT WITH THIS

### 1 John 3:1

Read this slowly: “that we should be called children of God.”

Not employees. Not projects. Not performers. Children.

There is a difference between working for acceptance and living from belonging.

Many of us learned early that love could feel conditional. Be good. Behave. Achieve. Don't disappoint people. Don't make trouble. Be useful. Be strong.

So we grow up carrying the same equation into adulthood: if I do enough, give enough, achieve enough or keep everyone happy enough, perhaps I will be worthy of love.

But the gospel turns that equation upside down.

God's love is not a prize we earn after becoming good enough. Our identity begins with being His.

Instead of asking, “What do I need to do so that I am enough?” we can begin asking, “How would I live if I truly believed I was already loved?”

Imagine making decisions from belonging instead of begging for it. Imagine setting a boundary without believing you are a bad person. Imagine resting without feeling guilty. Imagine making a mistake without believing you have lost your worth.

Being God's child does not mean life becomes easy. It means your deepest identity no longer has to depend on whether everyone else approves of you.

You can be loved and still grow. You can make mistakes and still belong. You can disappoint someone and still be worthy of love.

*My deepest belonging is found in Him.*

# THE TRUTH

## SCRIPTURE • JOHN 1:12

“To all who received him, to those who believed in his name, he gave the right to become children of God.”

## SCRIPTURE • ROMANS 8:15–17

“The Spirit you received brought about your adoption to sonship.”

## SCRIPTURE • 1 JOHN 3:1

“See what great love the Father has lavished on us, that we should be called children of God!”

## LEARN

Belonging is one of our deepest human needs. Sometimes we spend our lives trying to get from people what only God can ultimately provide—approval, acceptance, validation and security.

Relationships matter. But they do not get to determine your ultimate identity.

## DISCOVER — What does this truth mean?

Being God's child is not a performance position. It is a belonging position. When your identity is rooted in God, other people's acceptance can become important without becoming the foundation of your worth.

## REFLECT — Where am I looking to other people to tell me who I am?

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## REFLECT — What do I fear will happen if someone doesn't approve of me?

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## RECEIVE — What do I believe now?

### MY TRUTH STATEMENT

*Because I am God's child, I no longer have to...*

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## PRACTICE — One small intentional step

### THIS WEEK

Before seeking someone's approval, pause and ask: "What does God say about me?" Write the answer before you act.

### WHAT DID I NOTICE?

*What changed when I practised this truth?*

# I AM NOT MY LABELS

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## LET'S SIT WITH THIS

### Romans 12:2

Sometimes a label becomes so familiar that we stop recognising it as a label.

"I'm the difficult one." "I'm the emotional one." "I'm the strong one." "I'm the failure." "I'm the responsible one."

Perhaps someone else gave you the label. Perhaps you created it to explain your own behaviour. Either way, a label can become a lens through which we interpret everything.

Romans 12:2 gives us an invitation: be transformed by the renewing of your mind.

What we repeatedly believe affects what we repeatedly do.

If I believe "I am unlovable," I may tolerate unhealthy relationships because I don't expect better. If I believe "I have to be strong," I may never ask for help. If I believe "I am a failure," I may stop trying before I begin.

Renewing your mind does not mean pretending negative experiences never happened. It means learning to question the conclusions you drew from them.

Is this label actually true? Where did I learn it? Does God call me this?

You are allowed to outgrow a description that no longer reflects the truth.

God's truth can become louder than the voices that named you before you understood yourself.

*I can question the identities I inherited.*

# THE TRUTH

## SCRIPTURE • ROMANS 12:2

“Be transformed by the renewing of your mind.”

## SCRIPTURE • 2 CORINTHIANS 5:17

“If anyone is in Christ, the new creation has come.”

## LEARN

Some identities were never chosen by us. They were handed to us: the difficult one, the emotional one, the strong one, the failure, the problem, the one who always has it together.

Eventually we stop saying “someone told me this” and start saying “this is who I am.” That is where a label becomes an identity.

## DISCOVER — What does this truth mean?

Renewing the mind means we can examine the beliefs we have carried and bring them into the light of God's truth. A label is a conclusion; it does not have to be the final word.

**Someone once told me...**

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**I began believing...**

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**Because I believed it, I started...**

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**Today this shows up when...**

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What does God say instead?

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## RECEIVE — What do I believe now?

### MY TRUTH STATEMENT

*I used to label myself as \_\_\_\_\_. Today I am learning that \_\_\_\_\_.*

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## PRACTICE — One small intentional step

### THIS WEEK

Choose one label. For seven days, catch yourself whenever you use it. Replace “I’m just a \_\_\_\_” with a truthful, Scripture-aligned statement.

### WHAT DID I NOTICE?

*What changed when I practised this truth?*

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# WHO DID I BECOME TO SURVIVE?

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## LET'S SIT WITH THIS

### 2 Corinthians 5:17

Sometimes we judge ourselves for behaviours that once helped us cope.

Maybe you became hyper-independent because depending on people felt unsafe. Maybe you learned to keep quiet because speaking up caused conflict. Maybe you became a perfectionist because mistakes were not tolerated. Maybe you became the person who could handle everything because nobody seemed to notice when you were struggling.

These patterns can become so familiar that we call them personality.

There is freedom in asking, "Who did I have to become to get through that season?"

That question is not about blaming your past. It is about understanding yourself with compassion.

Then comes another question: "Do I still need to be that person in the same way today?"

Second Corinthians 5:17 reminds us that in Christ, newness is possible. That does not mean your personality disappears or your history is erased. It means you are not permanently trapped in the patterns that once defined your responses.

You can learn a new way.

You can become softer without becoming weak. You can become honest without becoming unsafe. You can ask for help without becoming helpless. You can have boundaries without becoming hard.

The person who helped you survive deserves compassion. The person you are becoming deserves permission.

*Survival is not identity.*

# THE TRUTH

## SCRIPTURE • 2 CORINTHIANS 5:17

“If anyone is in Christ, the new creation has come.”

## SCRIPTURE • EPHESIANS 4:22–24

“Put off your old self... be made new in the attitude of your minds... put on the new self.”

## LEARN

Sometimes we develop behaviours because they helped us survive a season. Being strong may have protected us. People pleasing may have helped us avoid conflict. Perfectionism may have helped us feel safe. Control may have helped us manage uncertainty.

These responses deserve understanding, not shame. But a strategy that helped you survive then may not be the strategy you need now.

## DISCOVER — What does this truth mean?

Growth begins when we can say: “This behaviour made sense in the context of what I knew then, but I can learn a healthier response now.” This is not an excuse for harmful behaviour; it is an invitation to understand the pattern so it can change.

**I became this way because...**

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**It protected me from...**

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**Today it may be costing me...**

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## RECEIVE — What do I believe now?

### MY TRUTH STATEMENT

*What I am learning now is...*

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## PRACTICE — One small intentional step

### THIS WEEK

Choose one situation where you use an old survival response. Decide beforehand what one healthier response could look like.

### WHAT DID I NOTICE?

*What changed when I practised this truth?*

# I AM CHOSEN

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## LET'S SIT WITH THIS

### 1 Peter 2:9

Chosen.

That word can touch a very deep place because many people know what it feels like not to be chosen — not chosen for the team, by the friend, by the partner, for the opportunity, or sometimes even within their own family.

When rejection happens repeatedly, we can start believing that rejection says something about our value.

But Scripture gives us another foundation: in Christ, you are chosen by God.

This does not mean everyone will choose you. They won't. Some people will misunderstand you. Some relationships will end. Some doors will close.

But their choice does not get to become your identity.

You don't have to spend your life auditioning for acceptance. You don't have to become smaller so someone will keep you. You don't have to perform a version of yourself that is easier for everyone else to love.

Being chosen by God gives you a different place from which to live.

You can love people without needing every person to validate you. You can walk away from what is unhealthy without believing you have failed. You can grieve rejection without turning it into a verdict about your worth.

The goal is not to stop caring about people. It is to stop making their acceptance the foundation of your identity.

*I don't have to spend my life auditioning for acceptance.*

# THE TRUTH

## SCRIPTURE • 1 PETER 2:9

“You are a chosen people, a royal priesthood, a holy nation, God's special possession.”

## SCRIPTURE • JOHN 15:16

“You did not choose me, but I chose you and appointed you.”

## LEARN

Imagine how exhausting it is to constantly audition for belonging—trying to be liked, included, needed, noticed or approved.

Knowing that you belong to God changes the question. Instead of “Will they choose me?” we can ask, “Am I living from the knowledge that I already belong to God?”

## DISCOVER — What does this truth mean?

Being chosen by God does not mean everyone will choose you. It means another person's rejection does not have the authority to rewrite God's truth about you.

## REFLECT — Where am I still auditioning for acceptance?

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## REFLECT — What am I afraid people will think if I stop performing for approval?

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## RECEIVE — What do I believe now?

### MY TRUTH STATEMENT

*I don't need everyone to choose me because...*

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## PRACTICE — One small intentional step

### THIS WEEK

Say no to one thing you would normally agree to simply to gain approval. Notice the feelings that arise and bring them to God.

### WHAT DID I NOTICE?

*What changed when I practised this truth?*

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# I HAVE PURPOSE

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## LET'S SIT WITH THIS

### Ephesians 2:10

Purpose can feel like a huge word.

We sometimes imagine that finding purpose means discovering one perfect career, ministry, business or calling. But purpose can be much more ordinary — and much more beautiful.

Your purpose is not only found in what you do. It is also expressed through who you are and how you love.

The way you encourage someone. The wisdom you share because of what you have walked through. The way you parent. The way you lead. The way you serve. The way you create. The way you show compassion to someone who is hurting.

Your experiences do not automatically become your purpose. But God can use what you have learned to shape how you serve.

Perhaps you have spent years believing your life only matters if you accomplish something big. Maybe you compare your chapter to somebody else's highlight reel.

But purpose is not a competition.

You do not need someone else's assignment.

Ask instead: What has God placed in my hands? What has He taught me? Who can I serve from where I am today?

Sometimes purpose begins with one faithful step, not a five-year plan.

*Identity isn't only about who I am; it shapes how I live.*

# THE TRUTH

## SCRIPTURE • EPHESIANS 2:10

“We are God's handiwork, created in Christ Jesus to do good works.”

## SCRIPTURE • 1 PETER 4:10

“Each of you should use whatever gift you have received to serve others.”

## LEARN

Purpose does not always mean a huge platform. Purpose can look like how you love, lead, serve, encourage, create, care, teach, build or use your story to help someone else.

You don't need to become famous to be faithful.

## DISCOVER — What does this truth mean?

Purpose grows from identity. You can live intentionally in ordinary places. The question is not only “What am I meant to accomplish?” but also “How can I faithfully use what God has already placed in me?”

**What comes naturally to me?**

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**What do people often come to me for?**

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**What breaks my heart?**

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What brings me alive?

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What experiences have shaped my compassion?

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## RECEIVE — What do I believe now?

MY TRUTH STATEMENT

*One gift I recognise in myself now is...*

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## PRACTICE — One small intentional step

### THIS WEEK

Choose one gift you already have and intentionally use it to serve someone this week—not for recognition, but because you have something to give.

WHAT DID I NOTICE?

*What changed when I practised this truth?*

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# I AM A NEW CREATION

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## LET'S SIT WITH THIS

### 2 Corinthians 5:17

There is a beautiful tension in this verse: your past matters, but it does not have to imprison you.

Sometimes we believe that because something happened for a long time, it must always define us. “I’ve always been like this.” “That’s just who I am.” “I can’t change.”

But the Christian story is built around transformation.

New creation does not mean pretending the old story never existed. It means the old story no longer has to be the only story.

You can acknowledge your patterns without worshipping them. You can acknowledge your mistakes without becoming them. You can acknowledge your wounds without allowing them to become your identity.

Maybe you’ve been waiting until you feel completely healed before believing you are changing.

But change often begins while you are still learning.

A new response can be tiny: one honest conversation, one boundary, one apology, one “no,” one “I need help,” one decision to stop speaking to yourself with cruelty, one prayer when you would normally shut God out.

That is how a new life is practised — one intentional choice at a time.

*My past explains me; it does not have to imprison me.*

# THE TRUTH

## SCRIPTURE • 2 CORINTHIANS 5:17

“If anyone is in Christ, the new creation has come.”

## SCRIPTURE • ROMANS 8:1

“There is now no condemnation for those who are in Christ Jesus.”

## LEARN

Being a new creation does not mean your history disappears or that your wounds never mattered. It means your past does not have the final word about who you are in Christ.

Christian growth is not about pretending old patterns never existed. It is learning to live from a new identity.

## DISCOVER — What does this truth mean?

We often think: “When I change my behaviour, then I will become a different person.” The gospel gives us a different starting point: “Because of who I am in Christ, I can learn to live differently.”

## REFLECT — What part of my past do I still use as evidence against myself?

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## RECEIVE — What do I believe now?

### MY TRUTH STATEMENT

*I am not defined by \_\_\_\_\_. In Christ, I am learning to \_\_\_\_\_.*

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## PRACTICE — One small intentional step

### THIS WEEK

Choose one behaviour that no longer aligns with the person you believe God is calling you to become. Choose one small action.

### WHAT DID I NOTICE?

*What changed when I practised this truth?*

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# WHAT I BELIEVED VS WHAT I BELIEVE NOW

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## LET'S SIT WITH THIS

### Romans 12:2

This is where knowledge becomes a decision.

It is one thing to learn that God says you are loved. It is another thing to notice how often you still live as though love has to be earned.

It is one thing to learn that you are God's workmanship. It is another thing to stop using achievement as your measuring stick.

Transformation often happens in the space between what we know and what we practise.

Your old belief may have been formed over years. One page in a workbook will not erase it. But every time you identify the old belief, challenge it with truth and practise a different response, you create room for a new way of thinking.

You don't need to pretend the old belief never existed. You can simply stop giving it the final word.

Ask yourself: "What did I believe before I knew this truth? What do I understand now? What will I do differently because of it?"

That is where identity becomes lived, not just learned.

*Let truth rewrite the narrative.*

# THE BELIEF TRANSFORMATION

This is your opportunity to put the whole journey together. Be honest about the old belief. Then deliberately write the truth you are choosing to practise.

| WHAT I BELIEVED                                  | WHAT I BELIEVE NOW       |
|--------------------------------------------------|--------------------------|
| I believed I was...                              | God's Word reminds me... |
| I believed my past meant...                      | I now understand...      |
| I believed I needed people's approval because... | I now know...            |
| I believed my mistakes made me...                | In Christ, I can...      |
| I believed I had to be strong by...              | I can now practise...    |
| I believed I was unworthy when...                | God says...              |
| I believed I had no purpose because...           | I am learning...         |

## THE TRUTH I AM LEARNING

*What is God showing me about my identity?*

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## THE BELIEF I AM RELEASING

*What no longer gets to define me?*

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**THE TRUTH I WILL RETURN TO**

*Write one sentence you want to remember when old thinking returns.*

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# LIVING FROM WHO I AM

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## LET'S SIT WITH THIS

### Ephesians 2:10

Identity is not only something we say about ourselves. It eventually becomes something we live from.

If I believe I am loved, I may stop chasing relationships that require me to abandon myself.

If I believe I am worthy, I may begin setting boundaries.

If I believe I am God's workmanship, I may stop comparing my life to everyone else's.

If I believe I am chosen, I may stop begging people to choose me.

This is why small intentional steps matter.

You don't need to change your entire life this week. Choose one place where your new understanding can become visible.

Maybe it is saying no. Maybe it is asking for help. Maybe it is resting. Maybe it is speaking kindly to yourself. Maybe it is starting something you have been afraid to start.

The step may look small to someone else. That does not make it insignificant.

A new identity is practised in ordinary moments.

*Identity becomes powerful when it changes how I live.*

# THE IDENTITY → ACTION MAP

Knowing who you are in Christ is not only something to think about. It becomes a lens through which you make choices.

| I KNOW I AM...       | THEREFORE I CAN...                               |
|----------------------|--------------------------------------------------|
| Loved                | Stop chasing validation.                         |
| God's child          | Return to God when I feel lost.                  |
| Forgiven             | Stop punishing myself for what God has forgiven. |
| Chosen               | Stop auditioning for everyone's approval.        |
| God's workmanship    | Treat myself with dignity and care.              |
| A new creation       | Make different choices.                          |
| Not condemned        | Separate conviction from shame.                  |
| Created with purpose | Use my gifts intentionally.                      |
| Not alone            | Ask for help.                                    |
| His                  | Build my life around Him.                        |

## MY 5 SMALL INTENTIONAL STEPS

### 1. Think differently about...

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### 2. Speak differently about myself by...

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### 3. Stop doing...

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### 4. Start doing...

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### 5. Spend intentional time with God by...

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## MY 7-DAY IDENTITY PRACTICE

For seven days, choose one identity truth. Read it in the morning. Speak it aloud. Look for one opportunity to live from it. Write one sentence each evening about what you noticed.

| DAY | THE TRUTH I PRACTISED / WHAT I NOTICED |
|-----|----------------------------------------|
| 1   |                                        |
| 2   |                                        |
| 3   |                                        |
| 4   |                                        |
| 5   |                                        |
| 6   |                                        |
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# MY COMMITMENT TO MYSELF

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## LET'S SIT WITH THIS

### Philippians 1:6

“He who began a good work in you will carry it on to completion.”

I love this verse because it reminds us that growth is a process.

You may finish this workbook with clarity in some areas and questions in others. That is okay. You are not required to have everything figured out before you move forward.

There may be days when you believe the truth strongly and days when an old voice becomes loud again. That does not mean you have failed.

A commitment to yourself is not a promise that you will never struggle again. It is a decision about how you will meet yourself when you do.

Will I shame myself or become curious? Will I give up or begin again? Will I hide or reach out? Will I return to the old label or remind myself of God's truth?

Grace gives us permission to begin again.

So make your commitment from compassion, not punishment. You are not promising perfection. You are promising presence — to keep showing up, keep learning, keep choosing truth and keep walking with God.

*I choose to live from truth.*

# MY IDENTITY COMMITMENT

Today I choose to stop defining myself solely by what has happened to me.

I commit to learning the difference between my experiences and my identity.

I commit to questioning the labels I have carried.

I commit to becoming aware of the voices that have shaped how I see myself.

I commit to replacing lies with truth.

I commit to treating myself with the same grace I so freely extend to others.

I commit to allowing myself to grow.

I commit to asking for help when I need it.

I commit to taking responsibility for my choices without turning my mistakes into my identity.

I commit to not allowing my past to write the rest of my story.

Most importantly, I commit to learning to see myself through God's eyes rather than through the eyes of my wounds.

## MY PERSONAL COMMITMENT

*From today, I will...*

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**One belief I am choosing to release is...**

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One truth I am choosing to embrace is...

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One action I will take is...

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My Scripture for this season is...

## SIGNED WITH INTENTION

My name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

# MY I AM AFFIRMATIONS

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## LET'S SIT WITH THIS

### Psalm 139:14

Words matter because what we repeatedly rehearse can become familiar.

That is why Scripture repeatedly reminds God's people who they are.

These affirmations are not positive thinking in place of faith. They are a way of putting biblical truth into words that you can remember in ordinary moments.

You may not believe every statement emotionally on the first day. That is okay. Sometimes we speak truth before our feelings catch up.

Read them slowly. Choose one. Write it somewhere you will see it. Pray it. Ask God to help you understand it. Then look for one small way to live from it.

The goal is not to convince yourself that everything is perfect. The goal is to let God's truth become a stronger voice than the labels that have shaped you.

*Read these until truth becomes familiar.*

# WHO I AM IN CHRIST

**I AM** created in the image of God. (*Genesis 1:27*)

**I AM** fearfully and wonderfully made. (*Psalms 139:14*)

**I AM** known by God. (*Jeremiah 1:5*)

**I AM** God's workmanship. (*Ephesians 2:10*)

**I AM** deeply loved. (*Romans 8:38–39*)

**I AM** a child of God. (*John 1:12; 1 John 3:1*)

**I AM** chosen and called to belong to Him. (*1 Peter 2:9*)

**I AM** forgiven through Christ. (*1 John 1:9*)

**I AM** a new creation in Christ. (*2 Corinthians 5:17*)

**I AM** not condemned. (*Romans 8:1*)

**I AM** God's beloved. (*Colossians 3:12*)

**I AM** never alone. (*Deuteronomy 31:8; Matthew 28:20*)

**I AM** not defined by my past. (*2 Corinthians 5:17*)

**I AM** purpose. (*Ephesians 2:10*)

**I AM** hope. (*Romans 15:13*)

**I AM** His. (*John 10:27–28*)

## MY PERSONAL DECLARATIONS

*Write 5–10 identity truths in your own words.*

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# MY DAILY DECLARATION

## WHO I AM

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Today I choose to remember:

I am not what happened to me.

I am not what someone called me.

I am not my failures.

I am not my regrets.

I am not my relationship status.

I am not my achievements.

I am not my appearance.

I am not the version of myself I had to become to survive.

I am God's creation.

I am known.

I am loved.

I am chosen.

I am forgiven.

I am His child.

I am His workmanship.

I have purpose.

I have hope.

I am still becoming.

And when I forget who I am, I will return to the One who knew me before I knew myself.

**My story is not over.**

*And neither is mine.*

# A CLOSING PRAYER

Father,

Thank You that You knew me before I knew myself.

Thank You that my identity did not begin with my circumstances, my mistakes, my wounds or the opinions of other people.

Forgive me for the times I have believed things about myself that You never said.

Help me recognise the difference between the voice of my wounds and the voice of Your truth.

Teach me to see myself through Your eyes.

Help me have compassion for the person I have been while giving me courage to become the person You are calling me to be.

Remind me that I don't have to earn Your love. I don't have to perform for You. I don't have to be perfect. I can simply come home.

Show me who I am in You.

And when I forget, remind me again.

I am Yours.

Amen.

# WELCOME HOME.

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*Maybe you were never lost to God.*

*Maybe you simply lost sight of who He created you to be.*

## MY FINAL REFLECTION

*What am I taking with me from this journey?*

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## THE TRUTH I NEVER WANT TO FORGET

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## MY PRAYER FOR THE PERSON I AM BECOMING

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### MY NEXT INTENTIONAL STEP

The next small step I will take is: \_\_\_\_\_

*You don't have to become her.*

*You get to remember her.*

**MY STORY IS NOT OVER.**

*This is only the beginning.*