YES,

YOU MATTER

I matter

Discover 'I Matter'—the ultimate teen affirmation journal, designed to inspire confidence and self-discovery.
Each affirmation is a powerful reminder of your worth and divine nature, combined with transformative Bible verses.

Perfect for young adults seeking guidance, this journal offers spiritual wisdom and personal growth tools for building resilience and embracing your true self.
Dive into daily reflections that resonate with today's teens and start your journey to a brighter, more confident you!

“Before I formed you in the womb, I knew you; before you were born, I sanctified you; and I ordained you a prophet to the nations.

Jeremiah 1:5

I matter

I AM A CREATION OF GOD, FILLED WITH LOVE AND LIGHT

"God made me in His image."

GENESIS 1:27

I matter

“

I AM LIGHT

"I am the light of the world, just like a town on a hill."

MATTHEW 5:14

I matter

“

I AM LOVED

"God loves me with an everlasting love."

JEREMIAH 31:3

I matter

“

I AM GREAT

"God made me wonderfully."

PSALM 139:14

I matter

I HAVE CREATIVE IDEAS AND SEE OPPORTUNITIES EVERYWHERE.

"Wisdom gives me knowledge and good judgment."

PROVERBS 8:12

I matter

I AM STRONG, CONFIDENT, AND CAPABLE OF OVERCOMING CHALLENGES.

"I can do all things through Christ who strengthens me."

PHILIPPIANS 4:13

I matter

I AM CHOSEN.
MY VOICE MATTERS.

"I am chosen before the creation of the world to be holy and blameless in his sight"

EPHESIANS 1:4

I matter

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I AM FEARLESS IN THE FACE OF ADVERSITY.

"Do not fear, for I am with you; do not be dismayed,
for I am your God. I will strengthen you and help you;
I will uphold you with my righteous right hand."

ISAIAH 41:10

I matter

I AM A VESSEL OF PEACE AND JOY

"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit."

ROMANS 15:13

I matter

I AM GUIDED BY WISDOM
IN EVERY DECISION.

"If any of you lacks wisdom, you should ask God,
who gives generously to all without finding fault,
and it will be given to you."

JAMES 1:5

I matter

I HAVE A SPIRIT OF POWER, LOVE, AND A SOUND MIND.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

2 TIMOTHY 1:7

I matter

I AM AN INSTRUMENT OF GOD'S PEACE.

“Blessed are the peacemakers, for they shall be called sons of God.”

MATTHEW 5:9

I matter

“

I AM SECURE AND GROUNDED IN GOD'S PROMISES.

“Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”

JOSHUA 1:9

I matter

“

THIS IS ME,
AND I MATTER.

“Before I formed you in the womb, I knew you; before you were born, I sanctified you; and I ordained you a prophet to the nations.

JEREMIAH 1:5

I matter

“

THIS IS ME,
AND I MATTER.

God saw me before I was born and had a plan for my life."

PSALM 139:16

I matter

I AM A CAPTIVATING AND CHARISMATIC INDIVIDUAL.

God saw me before I was born and had a plan for my life."

PSALM 139:16

I matter

I AM DEDICATED TO MY PROJECTS AND EXECUTE IT WELL

“Let all things be done decently and in order.”

1 CORINTHIANS 14:40

WRITE YOUR OWN AFFIRMATION

A NOTE TO SELF

Jeremiah 1:5

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