

# HEALING FROM TOXIC FAITH

NAME \_\_\_\_\_

You deserve to be happy every day

## THINGS TO LEAVE

- Negative self-talk
- Laziness toward God
- Toxic positivity
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## THINGS TO REMEMBER

- I am worthy
- I am not too late to start
- I am not alone God is with me
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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MY PRIORITIES

- Not comparing with others
- Sowing More into me
- Put in work for my Relationship with God
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## NOTE TO ME:

Reminder to Self:

