

Affirm Your Becoming

A 7-Day Affirmation Guide for Teen Girls & Women

Day 1

Affirmation: I am worthy of love, healing, and growth.

Reflection:

Mindset Action: Today, I will treat myself with the kindness I often give to others.

Day 2

Affirmation: I give myself permission to take up space emotionally, mentally, and physically.

Reflection:

Mindset Action: Today, I will speak up for what I need without guilt.



Day 3

Affirmation: My past does not define my future. I am allowed to grow beyond it.

Reflection:

Mindset Action: Today, I will take one small step forward, even if it's just in mindset.

Day 4

Affirmation: I am learning to trust myself more each day.

Reflection:

Mindset Action: Today, I will pause and listen to what I truly need.



Day 5

Affirmation: Peace is my power. I do not have to respond to everything.

Reflection:

Mindset Action: Today, I will protect my peace and choose what deserves my energy.

Day 6

Affirmation: I am becoming the woman I've prayed for and dreamed of.

Reflection:

Mindset Action: Today, I will honor my growth and celebrate how far I've come.

Day 7

Affirmation: I am rooted in purpose and powered by mindset.

Reflection:

Mindset Action: Today, I will align my thoughts with the woman I'm becoming.

