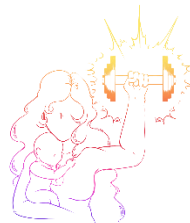




<p><i>Day 1</i></p> <p>I commit to the Lord whatever I do, and He will establish my plans. Proverbs 16:3</p>	<p><i>Day 2</i></p> <p>I am loved! 1 John 4:19</p>	<p><i>Day 3</i></p> <p>I was bought with a price, so I will honor God with my body 1 Corinthians 6:19-20</p>	<p><i>Day 4</i></p> <p>I am wonderfully made! Psalms 139:14</p>	<p><i>Day 5</i></p> <p>I am strong! I am Healthy! 3 John 1:2 2 Corinthians 12:9 Jeremiah 30:17</p>	<p><i>Day 6</i></p> <p>I am disciplined with exercise and enjoy eating God made food 1 Corinthians 10:31</p>	<p><i>Day 7</i></p> <p>I am victorious because of Christ! 1 John 4:4</p>
<p><i>Day 8</i></p> <p>I am beautiful inside and out! Songs of Solomon 4:7</p>	<p><i>Day 9</i></p> <p>I am strong, able to do the task God has called me to! Proverbs 31:17</p>	<p><i>Day 10</i></p> <p>I am blessed to be a blessing! Luke 6:38</p>	<p><i>Day 11</i></p> <p>I am free from food and from torment over food. Matthew 6:25-27 Romans 14:17</p>	<p><i>Day 12</i></p> <p>My words bring life, and I look forward to what God is doing in my life. Isaiah 43:18-19</p>	<p><i>Day 13</i></p> <p>I am grateful for my body and all it can do. Psalms 103:1-2</p>	<p><i>Day 14</i></p> <p>I am talented and gifted with special qualities and I walk in them. 1 Corinthians 12</p>
<p><i>Day 15</i></p> <p>I have wisdom and grow stronger in knowledge. Proverbs 24:5</p>	<p><i>Day 16</i></p> <p>I am an overcomer! I am confident! Hebrews 10:35 1 John 5:4-5</p>	<p><i>Day 17</i></p> <p>I pray about everything and thankful for what God will do. Philippians 4:6</p>	<p><i>Day 18</i></p> <p>I have a sound mind! 2 Timothy 1:7</p>	<p><i>Day 19</i></p> <p>I sleep in peace. Psalms 4:8 Amp</p>	<p><i>Day 20</i></p> <p>I Trust God! Proverbs 3:4-5</p>	<p><i>Day 21</i></p> <p>I am content Philippians 4:11</p>

"She equips herself with strength (spiritual, mental and physical fitness for her God given task)
Proverbs 31:17 Amp



"Long before he laid down earth's foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love. Long, long ago he decided to adopt us into his family through Jesus Christ" Ephesians 1:3-6