



## DECLARATIONS

Taken from Chapter 4: Rebuilt Self Image

### DAILY–UNSHAKABLE FAITH

- I my faith is beyond strong.
- I love God and trust Him completely.
- I am bold.
- I joyfully receive unshakable faith.
- I schedule time daily to be with God.
- I surround myself with people of strong faith.
- I am transformed by the renewing of my mind.
- I memorize scripture.
- I let go and let God.
- I believe in God's goodness.
- I think about what is lovely, gracious, and excellent.
- My lifestyle supports my unshakable faith.

### MONDAY–HIGH PERFORMANCE

- I am responsible.
- I take action every day to accomplish my goals.
- I am a learning machine.
- I am confident and bold.
- I am patient and persistent.
- I surround myself with winners.
- With God's help, I get it done.
- I give with passion.
- I am a well-adjusted, balanced, and extremely capable human being.
- I have impeccable honesty.
- I have written specific and challenging life goals.
- I rewrite and review my goals daily.

### TUESDAY–STRONG MARRIAGE

- I put God at the center of my marriage.
- I bathe my relationship in prayer.
- I easily forgive myself and my spouse.
- I communicate clearly and specifically.
- I am patient, kind, and reasonable.
- I look for and see the strengths in my mate.
- I take the initiative to keep our marriage strong.
- I am relaxed, self-confident, and fun.
- I amplify joy in my marriage.
- I exercise and stay energetic.
- I am financially responsible.
- I cherish my spouse with my daily choices.

### WEDNESDAY–EFFECTIVE PARENTING

- I am a responsible parent.
- I am clear about my priorities.
- I know the goal of my parenting.
- I set a godly example with my life.
- I consistently encourage my children.
- My daily choices teach positive lessons.
- I establish clear boundaries and stand firm.
- I learn everything I can.
- I invest quality time with my kids.
- I pray with and for my children.
- God is working through my family and me.
- I am raising high-character kids.

## **THURSDAY—PEACE OF MIND**

I keep my thoughts on peace.  
I am calm and composed.  
I meditate on scripture.  
I let stress melt away.  
I rely on God's strength.  
I take time to be still.  
My mind is tranquil and serene.  
I joyfully trust God.  
I choose peace.  
I am free of negativity.  
I experience comfort.  
God is with me always.

## **FRIDAY—AFFIRMING MY CHILDREN**

You are a beautiful, wonderful child of God.  
You love God more than anything else in the whole world.  
Mom and Dad love you forever, always, no matter what.  
You respect and obey Mom and Dad.  
With Christ, you are unstoppable!  
You make wise choices.  
You think for yourself.  
You choose your thoughts.  
You have goals.  
You smile a lot.  
You speak kind words to yourself and others.  
You are a one-of-a-kind masterpiece from God!

## **SATURDAY—RESOURCEFUL RESPONSES TO ADVERSITY**

God is with me, helping me.  
I know that this, too, shall pass.  
I am learning what I need to learn.  
I trust God, no matter what.  
I keep my thoughts on God.  
I am filled with the peace of God.  
I do what I need to do.  
I ask for help.  
I take constructive action now.  
My faith is growing.  
I glorify God with my responses.  
I see solutions.

## **SUNDAY—FINANCIAL SUCCESS**

I am a faithful steward.  
God is my source and provider.  
I utilize wise counsel.  
I focus on service and contribution.  
I pay bills with joy.  
I am comfortable with financial success.  
I believe in abundance.  
I let go of all stress concerning money.  
I have specific financial goals.  
I build financial margin.  
I tithe and give to worthy causes.  
I have plenty.