

SEVEN AFFIRMATIONS FOR

the Woman in the Mirror

Read one each morning, and say it out loud to the woman looking back at you.

1

I will not confuse what happened to me with who I am.

2

I am not who I was. I am who Yahweh says I am.

3

My wounds are part of my history,
but they are not the whole of my name.

4

Yahweh gave me a voice, and I will stop apologizing for using it.

5

I am allowed to breathe before my whole life is fixed.

6

I am still standing. That isn't luck. It is victory.

7

I will never leave myself behind again.

From Dear Woman in the Mirror by Kamal Smith

STAYHEARTSTRONG.ORG

Stay HeartStrong.