



# AFFIRMATION


“God’s strength is made perfect in me. I rise each day with purpose and power.”




“My body is a temple. I honor it with love, movement, and nourishment.”




“I am loved, chosen, and called for such a time as this.”



“I was made for this moment. God has equipped me for every challenge I face.”



“I do not have to figure it all out. I trust God's timing and direction.”



“Every day, I grow stronger, wiser, and more aligned with God’s purpose for me.”

