



GOODBYE  
*insecurity*  
CONFIDENCE AFFIRMATIONS





# WELCOME

*Women are bombarded everyday with thoughts about how they're not good enough.*

*I'm not thin enough.*

*I don't make enough money.*

*I don't command enough respect from coworkers.*

*I'm not pretty enough.*

*I don't make dinner at home enough.*

*The list goes on and on.*

*I'm here to help you break the cycle. With this guide, you'll be using God's Word to build your confidence and say goodbye to insecurity.*

*Let's get started!*

*ashley varner*



# As a daughter of God, I am...

## accepted

- John 1:12  
I am God's child.
- John 15:15  
I am Christ's friend.
- Romans 5:1  
I have been justified.
- 1 Corinthians 6:17  
I am united with the Lord.
- 1 Cor 6:19-20  
I belong to God.
- 1 Cor 12:27  
I am a member of Christ's body.
- Ephesians 1:1  
I am a saint.
- Ephesians 1:5  
I have been adopted as God's child.
- Ephesians 2:18  
I have direct access to God through the Holy Spirit.
- Colossians 1:14  
I have been redeemed and forgiven of all my sins.
- Colossians 2:10  
I am complete in Christ.

## secure

- Romans 8:1,2  
I am free from condemnation.
- Romans 8:28  
I am assured that all things work together for good.
- Romans 8:35  
I cannot be separated from the love of God.
- 2 Cor. 1:31,22  
I have been sealed, established, and anointed by God.
- Colossians 3:3  
I am hidden in God.
- Philippians 1:6  
I am confident that the good work that God has begun in me will be perfected.
- Philippians 3:20  
I am a citizen of heaven.
- 2 Tim. 1:7  
I have not been given a spirit of fear.
- Heb. 4:16  
I can find grace and mercy in time of need.

## significant

- Matt. 5:13,14  
I am the salt and light of the earth.
- John 15:1,5, 16  
I am a channel of His life.
- Acts 1:8  
I am a personal witness of Christ.
- 1 Cor. 3:16  
I am God's temple.
- 2 Cor. 5:17  
I am a minister of reconciliation.
- 2 Cor. 6:1  
I am God's co-worker.
- Ephesians 2:6  
I am seated with Christ.
- Ephesians 2:10  
I am God's workmanship.
- Ephesians 3:12  
I may approach God with freedom and confidence.
- Philippians 4:13  
I can do all things through Christ who strengthens me.

# How Your Thoughts Change Your Emotions

## 01

### Thought

*It is your thoughts about your circumstance that determine your emotions about it.*

*Start thinking of your circumstance in neutral terms. It is the proveable facts. Everything you think about it can be changed.*

## 02

### Emotion

*Your emotions are physical sensations in your body.*

*The more you try to resist or avoid them, the stronger they get.*

*You can get comfortable with experiencing any emotion.*

## 03

### Action

*Would you rather act out of love or fear?*

*Would you rather act out of confidence or insecurity?*

*The choice is yours!*

*Begin to change your actions by changing your emotions first.*



Want to learn more? Check out [The Mindset Reset](#)



## Inspiration

*Build your confidence on the truth of God's Word. Because that kind of confidence will never be shaken.*

## Inspiration

*You are who God says you are: anointed, called, whole, healed, and favored!*





# Thank you *for reading*

*Positive affirmations are one thing. But if you want power behind your words, then they need to come straight from God's Word. I hope this download gave you the tools to begin to believe God's thoughts about you! If you want to continue this work check out my programs and coaching!*



*Check out The Mindset  
Reset here!*

