

## **New Identity Affirmations:** *Stepping into who you've become*

After walking through the fire, this tool helps you *claim your resurrection*. It's not about becoming someone new — it's about remembering who you've always been underneath the fear, pain, and people-pleasing. These affirmations anchor your identity in truth, strength, and hope.

### **Section 1: The Old Identity I'm Releasing**

Write down the identities, labels, or roles that no longer define you.

Example: *The fixer. The one who always says yes. The one who has to be perfect.*

**I release...**

- 1.
- 2.
- 3.

### **Section 2: The Truth Rising Within Me**

These are your *new identity statements* — affirmations that reflect who you are becoming.

Example: *I am grounded in peace. I am led by faith, not fear. I am allowed to take up space.*

**I am...**

- 1.
- 2.
- 3.

### **Section 3: My Resurrection Reminder**

Complete the sentence below whenever you feel yourself slipping back into old patterns.

"I've already walked through the fire — I am not going back. Today, I choose to live as \_\_\_\_\_."

## ✨ **How to Use It**

- Read your affirmations aloud each morning or before a challenge.
- Pair with your **Faith Anchors Worksheet** for grounding.
- Revisit every 30 days to reflect on your growth and adjust your affirmations as your identity continues to unfold.