

VoiceRise™

7-Day Speak Life Reset

Renew Your Mind. Speak Truth. Transform Your Life.

Welcome

If you're here, it's not by accident.
Maybe you've been carrying thoughts that feel heavy...
doubt, fear, not feeling like you're enough.
Maybe you've been speaking things over your life
that you don't even realize have taken root.

But here's the truth:

You don't have to stay there.

This 7-day reset is your starting point.
Not for perfection—but for awareness,
for truth, and for change.

Over the next few days, you'll begin to:

- Notice your thoughts
- Replace negativity with truth
- Speak life over yourself—on purpose

And little by little... things begin to shift.

You don't have to do it perfectly.
Just show up.

VoiceRise is here to walk with you—one day at a time.

DAY 1 — AWARENESS

AFFIRMATION

I am becoming aware of my thoughts,
and I choose truth.

SCRIPTURE

“Be transformed by the renewing of your mind.” — Romans 12:2

REFLECTION

Today isn't about fixing everything.

It's about noticing.

Pay attention to the thoughts that come up—
especially the ones that feel heavy, critical, or discouraging.

Awareness is where change begins.

ACTION STEP

Notice negative thoughts today—don't judge them, just identify them.

One thought at a time. One word at a time.

DAY 2 — REPLACEMENT

AFFIRMATION

I replace what is not true with what is.

SCRIPTURE

"You will know the truth, and the truth will set you free." — John 8:32

REFLECTION

Not every thought you have is true.
Some are patterns. Some are lies you've heard long
enough to believe.
Today, when a negative thought shows up, pause...
and gently replace it with truth.
This is how new patterns begin.

ACTION STEP

Catch one negative thought and replace it with truth.

One thought at a time. One word at a time.

DAY 3 — IDENTITY

AFFIRMATION

I am who God says I am.

SCRIPTURE

"I am fearfully and wonderfully made." — Psalm 139:142

REFLECTION

So many of the thoughts we carry are tied to identity.
Who we think we are...
and who we believe we're not.
But your identity isn't defined by your past, your mistakes,
or your doubts.
It's defined by truth.
Let that truth begin to take root today.

ACTION STEP

When you notice self-doubt, pause and speak your affirmation out loud.

One thought at a time. One word at a time.

DAY 4 — SPEAKING LIFE

AFFIRMATION

I speak life over myself and my situation.

SCRIPTURE

“The tongue has the power of life and death.” — Proverbs 18:21

REFLECTION

Your words matter.
What you say—out loud or internally—
reinforces what you believe.
Today, begin to speak differently.
Not based on how you feel... but based on truth.
Even if it feels unfamiliar, keep going.
This is where the shift deepens.

ACTION STEP

Say your affirmation out loud at least 3 times today.

One thought at a time. One word at a time.

DAY 5 — CONFIDENCE

AFFIRMATION

I walk in confidence, strength, and purpose.

SCRIPTURE

“Be strong and courageous.” — Joshua 1:9

REFLECTION

Confidence isn't something you either have or don't have.
It's something you build—one thought,
one choice, one step at a time.
Today, choose to show up differently.
Not perfectly... just intentionally.
You're stronger than you think.

ACTION STEP

Do one thing today with confidence—even if it feels small.

One thought at a time. One word at a time.

DAY 6 — LETTING GO

AFFIRMATION

I release what I was never meant to
carry.

SCRIPTURE

"Cast your cares on Him." — 1 Peter 5:7

REFLECTION

Some thoughts and burdens were never
yours to hold onto.

But over time, they've become familiar.

Today is an invitation to let go—
of the pressure, the fear, the weight.

You don't have to carry it all.

ACTION STEP

Write down one thing you're holding onto, and intentionally release it.

One thought at a time. One word at a time.

DAY 7 — CONSISTENCY

AFFIRMATION

I choose truth daily,
one step at a time.

SCRIPTURE

“Pray without ceasing.” — 1 Thessalonians 5:17

REFLECTION

Real transformation doesn't happen in a moment—
it happens through consistency.
What you've started this week matters.
And it doesn't end here.
Keep choosing awareness.
Keep choosing truth.
Keep speaking life.
This is how lasting change is built.

ACTION STEP

Commit to continuing this practice beyond today—even in small ways.

One thought at a time. One word at a time.