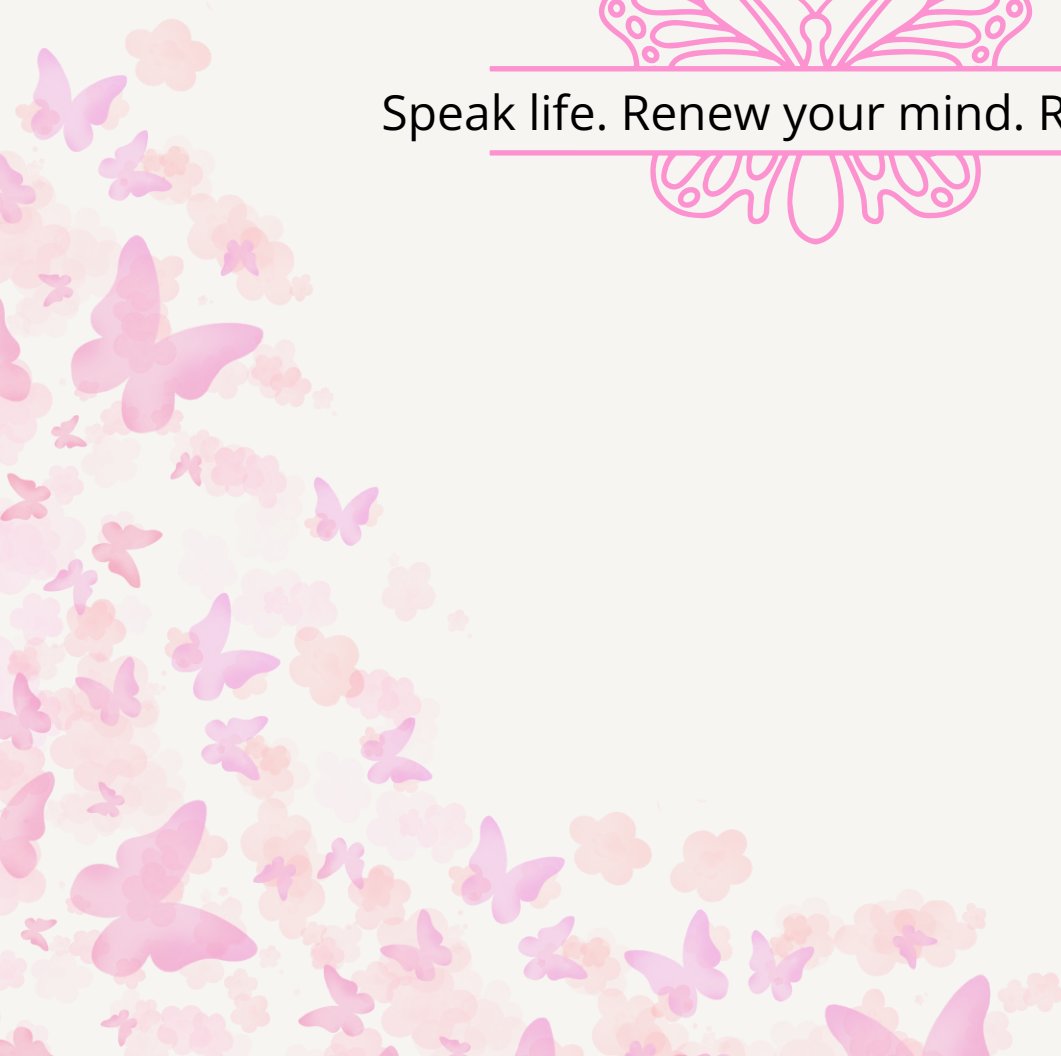


VoiceRise™

# VoiceRise Affirmation Library



Speak life. Renew your mind. Rise again.



# Identity In Christ

- I am loved by God.
- I am chosen and seen.
- I am not forgotten.
- I am created with purpose.
- I am enough as I am.
- My life has meaning.

# Confidence & Self-Worth

- My voice matters.
- I do not need to shrink myself.
- My presence has meaning and value.
- I am becoming more confident every day.
- I trust myself more each day.
- I am not behind in life.

# Peace & Anxiety Relief

- I release what I cannot control.
- I choose peace over worry.
- I am safe in this moment.
- I do not have to have everything figured out.
- I breathe, and I come back to calm.
- God is with me right now.

# Purpose & Direction

- My life has purpose.
- I am being guided step by step.
- I do not need to rush my journey.
- I trust the timing of my life.
- I am becoming who I was created to be.
- My story is unfolding with meaning.

# Growth & Healing

- I am growing, even when I cannot see it.
- I give myself grace as I heal.
- I am allowed to start again.
- My past does not define me.
- I am becoming stronger through every season.
- Healing is happening in my life.

# Discipline & Habits

- I am consistent in small things.
- I follow through with what I start.
- My habits shape my future.
- I choose discipline over delay.
- I am building a better version of myself daily.
- Small steps create big change.

# When You Don't Know What to Say

Sometimes life feels heavy.  
Sometimes your thoughts feel loud.  
Sometimes you don't even know  
how to pray or think clearly.  
This page is here for those moments.  
Just start here.

## Speak this slowly...

- I am not behind in life.
- I am safe in this moment.
- I do not have to figure everything out today.
- God is with me right now.
- I release what I cannot control.
- I am allowed to take things one step at a time.
- I am still growing, even in this moment.
- Peace is available to me right now.
- I do not have to believe every thought I think.
- I am not alone in what I'm feeling.

Take a breath.  
You are going to be okay.  
Just keep going.