

Day 2

EMPOWERING STATEMENTS

I _____ BUT I _____
default self-talk reframe/remix

I used to think _____ but now I think _____
default self-talk reframe/remix

When I _____ my life will _____ and I will
your goal from yesterday how will your life be different
feel _____
how you will feel when your achieve your goal

REMIX 

Self-Affirmation

Scripture

Song

attach the song lyrics to this worksheet

Schedule

twice per day
