

Jesus





Recognize your Creator (God)

Jesus The Christ Is Lord

Be born again through the reading of God's Word



Be honest with yourself

Taking Accountability Acknowledging your part



Forgiveness

Forgive yourself

Mistakes are lessons Learning is wisdom

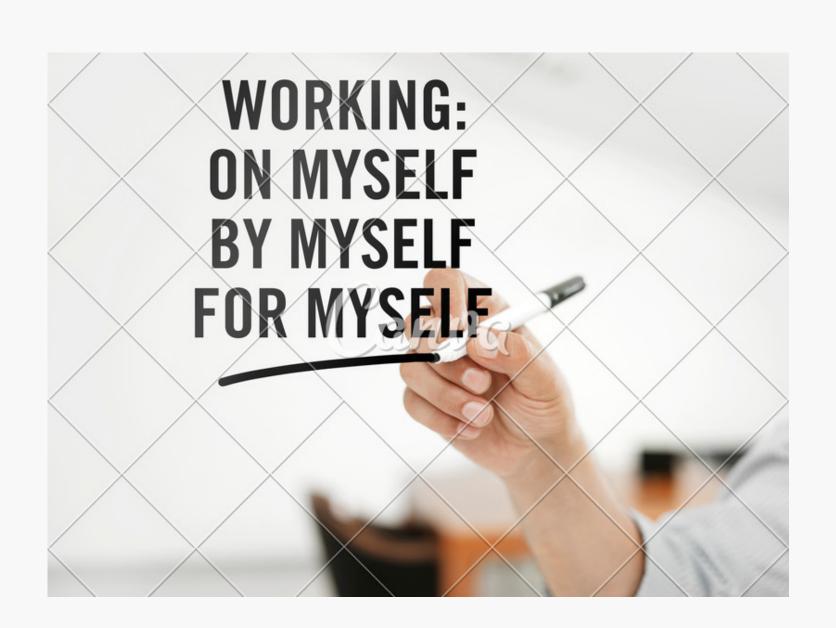
Recognize childhood traumas or family toxic traits



Self-Control Self-Reflection

Override negative thoughts with the 10 Promises of God

- God promises to strengthen you
- God promises to give you rest.
- God promises to take care of all your needs.
- God promises to answer your prayers.
- God promises to work everything out for your good.
- God promises to be with you.
- God promises to protect you.
- God promises freedom from sin. of God



Start Journaling Daily

Pay attention to your dreams and write them down too



Connect with Kingdom Believers

"Jesus Saves"



Speak Life into yourself and others

Be a leader not a follower



Authenticity



Do something good for yourself





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