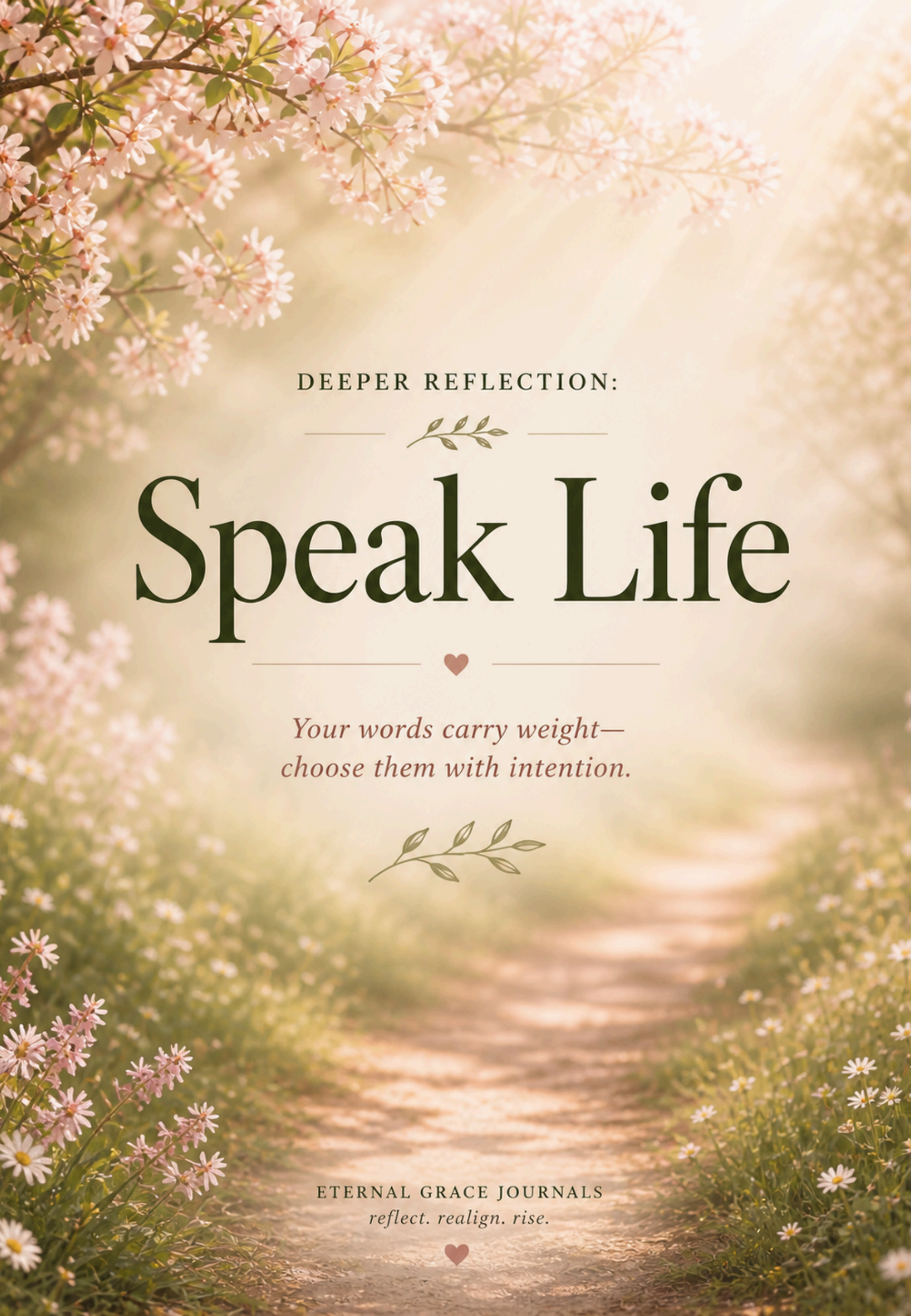




DEEPER REFLECTION:



Speak Life



*Your words carry weight—
choose them with intention.*



ETERNAL GRACE JOURNALS
reflect. realign. rise.



DEEPER REFLECTION:



Speak Life



Welcome

Words have a way of settling into us.

Sometimes they're spoken out loud.
Sometimes they're repeated quietly in our thoughts.

Over time, those words begin to shape how we see ourselves—
what we believe we're capable of,
and what we accept as true.

Some of what you've been saying may be rooted in truth.
Some of it may not.

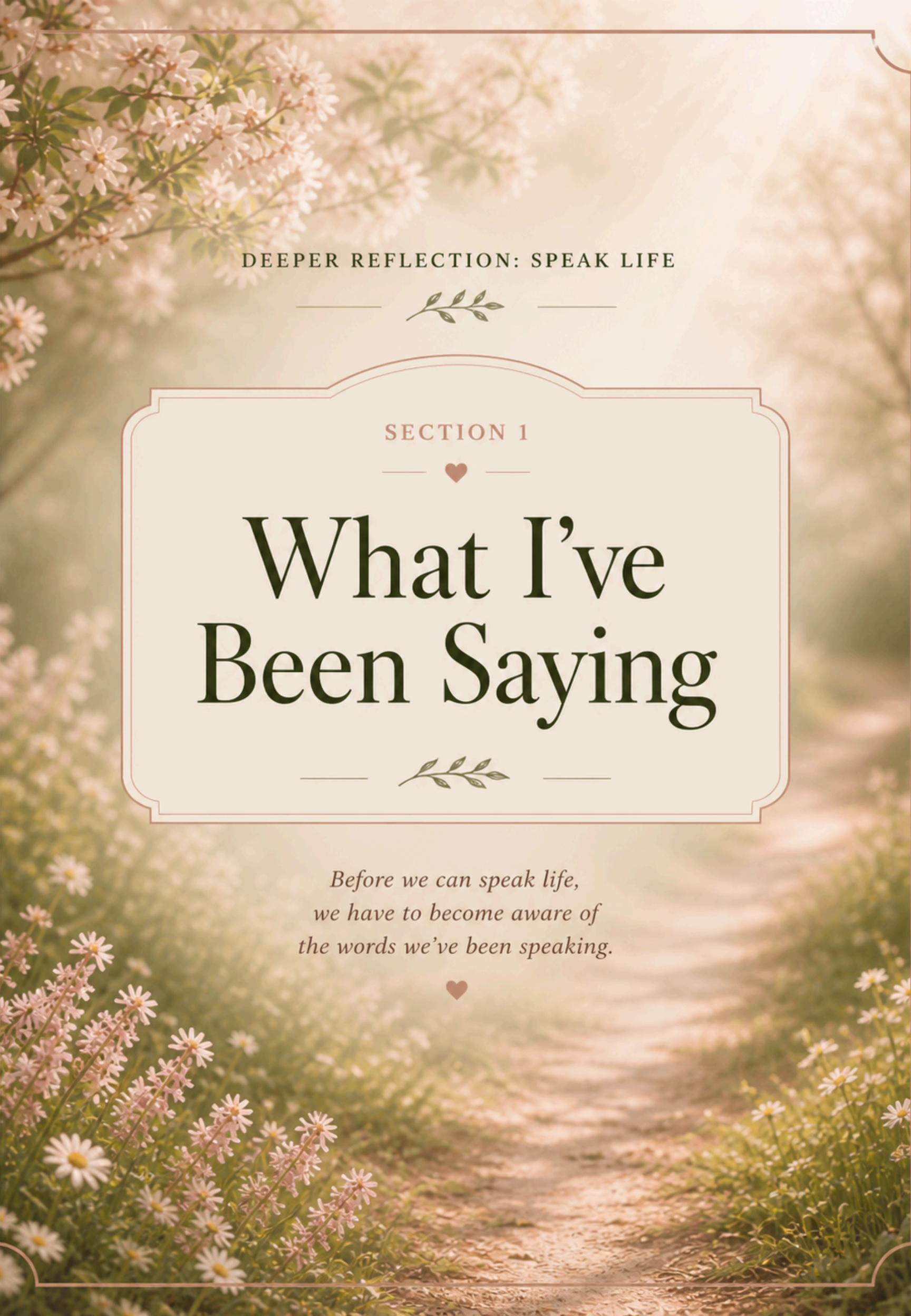
This is your space to slow down and listen.

To become aware of what you've been speaking—
and to begin choosing your words with intention.



WHAT YOU SPEAK MATTERS.





DEEPER REFLECTION: SPEAK LIFE



SECTION 1



What I've Been Saying



*Before we can speak life,
we have to become aware of
the words we've been speaking.*





What I've Been Saying

*Take time to reflect on the words you've been speaking—
out loud and in your thoughts.*

Awareness is the first step toward change.



What are some of the things I say to myself most often?



Are there any negative or limiting words I tend to repeat?
What are they?



Where did I learn to speak this way about myself?

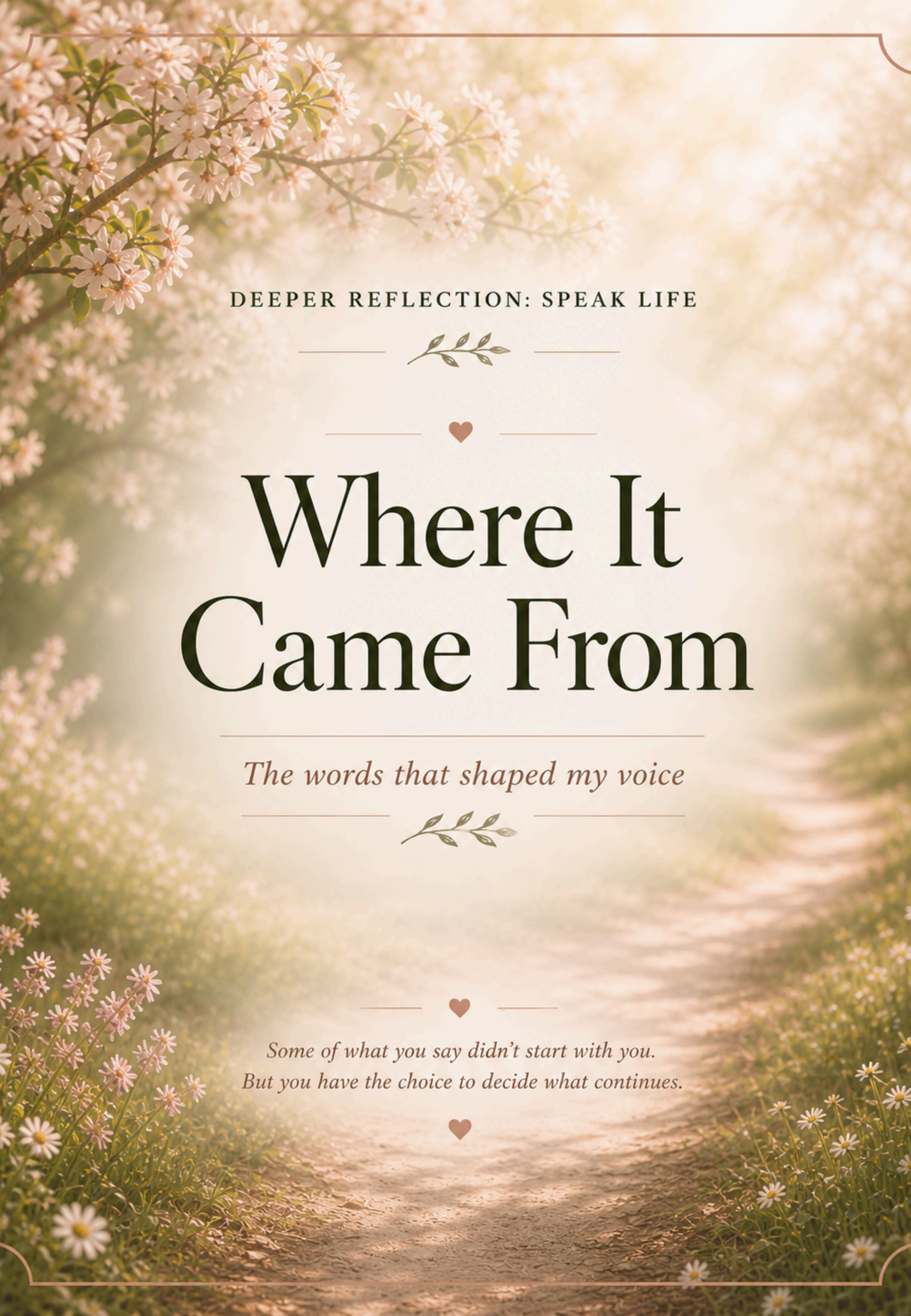


How have the words I've been saying affected the way
I see myself and my life?



*You can't change what you don't acknowledge.
Be honest. Be gentle. Be willing.*





DEEPER REFLECTION: SPEAK LIFE



Where It Came From

The words that shaped my voice



*Some of what you say didn't start with you.
But you have the choice to decide what continues.*



DEEPER REFLECTION: SPEAK LIFE



Where It Came From

The words that shaped my voice

*The way we speak about ourselves is often shaped
by our past—by people, experiences, and environments
that left an imprint on our hearts.*



Who or what influenced the way I talk about myself?
(People, family, culture, experiences, etc.)



What words were spoken over me that I still carry today?
(Encouraging or discouraging)



Were those words rooted in truth or in someone else's pain,
fear, or expectation?



What beliefs about myself were formed because of those words?



Which of those beliefs no longer serve me, and why?

*Awareness is the bridge between where I've been
and the words I choose to speak today.*





DEEPER REFLECTION: SPEAK LIFE

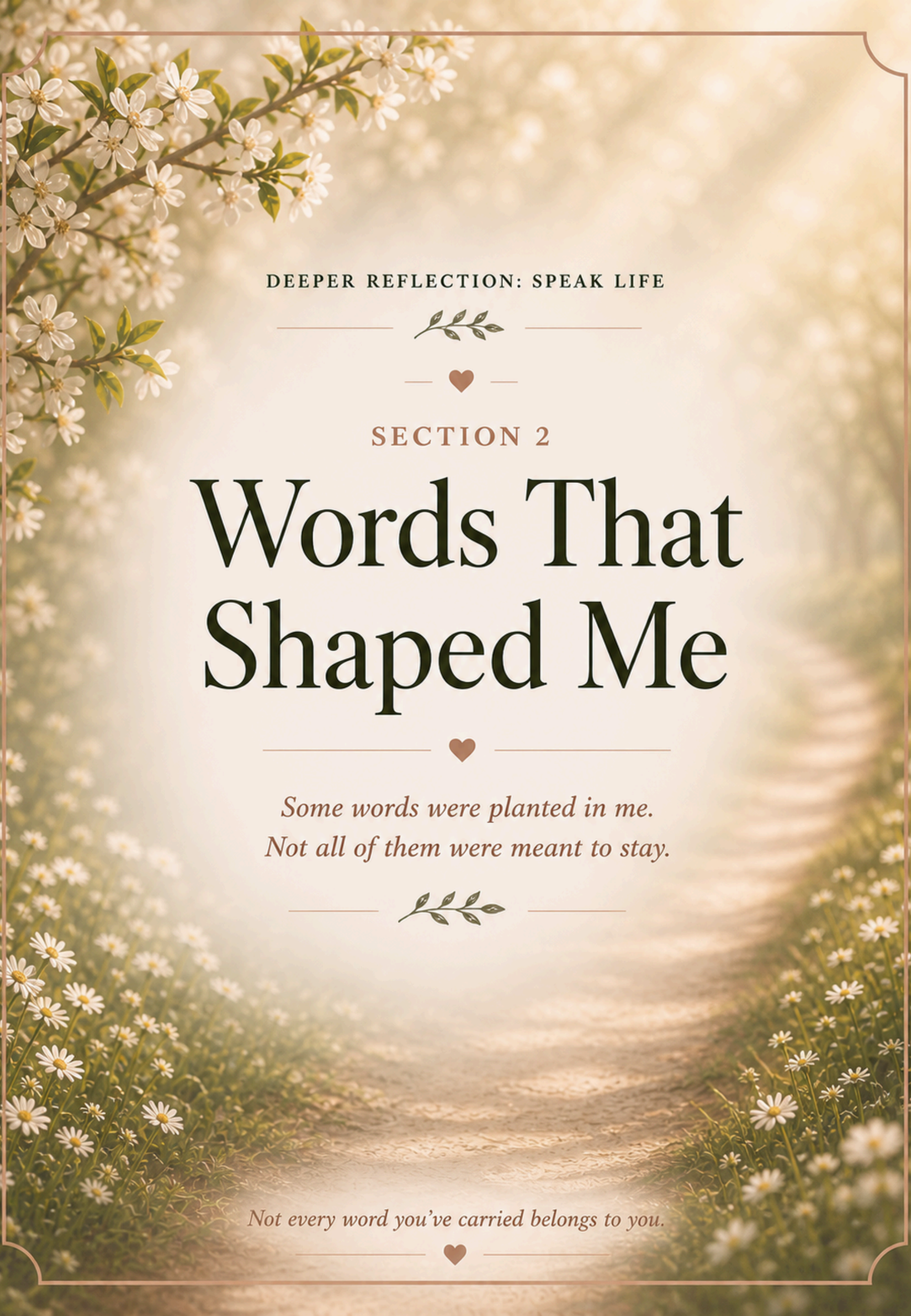


SECTION 2

Words That Shaped Me



*Some words were planted in me.
Not all of them were meant to stay.*



Not every word you've carried belongs to you.



DEEPER REFLECTION: SPEAK LIFE



SECTION 2

Words That Shaped Me



*Some words were planted in me.
Not all of them were meant to stay.*



What words were spoken over me growing up?



Which of those words still influence how I see myself today?



Were those words rooted in truth—or in someone else's pain, fear, or limitation?



How have those words shaped the way I speak about myself now?



*Awareness is the first step.
You can't change what you don't name.*



DEEPER REFLECTION: SPEAK LIFE



SECTION 3



What Is True



*Truth has been speaking
all along.*

*It's time to listen
and start believing.*



DEEPER REFLECTION: SPEAK LIFE



SECTION 3

What Is True



*Truth has been speaking all along.
It's time to listen and start believing.*



What does God say about me?



What truth have I been ignoring?



What do I need to start agreeing with?



DEEPER REFLECTION: SPEAK LIFE



SECTION 4

Choosing My Words



*I have the power to speak life.
I have the power to choose differently.
From this moment forward,
I will speak with purpose.*



*New words. New agreements.
A new way of living.*



SECTION 4

Choosing My Words



*I have the power to choose what I speak—
and what I agree with moving forward.*



What do I want to speak over my life now?



What am I no longer agreeing with?



What truth will I choose to repeat daily?



What I speak moving forward will be rooted in truth.

DEEPER REFLECTION: SPEAK LIFE



Say It



*Words have power.
What I say shapes what I become.*



I WILL NO LONGER SAY...





I CHOOSE TO SPEAK...





THE TRUTH I AM STANDING ON IS...





*I speak with intention.
I agree with truth.
I am choosing life. ♡*

DEEPER REFLECTION: SPEAK LIFE



Pause Here



You don't have to rush this.



*Let what you've written settle.
Let the words you've chosen take root.*



*You are not just writing things down—
you are shifting what you agree with.*



Take a breath.



Stay here as long as you need.



DEEPER REFLECTION: SPEAK LIFE



Closing Thoughts



*You don't have to say everything perfectly.
You don't have to get it all right.*



*What matters is that you've begun to notice—
and that you are choosing differently.*



*Your words matter.
Your voice carries weight.*



*And from this point forward,
you have the authority to speak life.*



Continue your journey with
Eternal Grace Journals ♥