

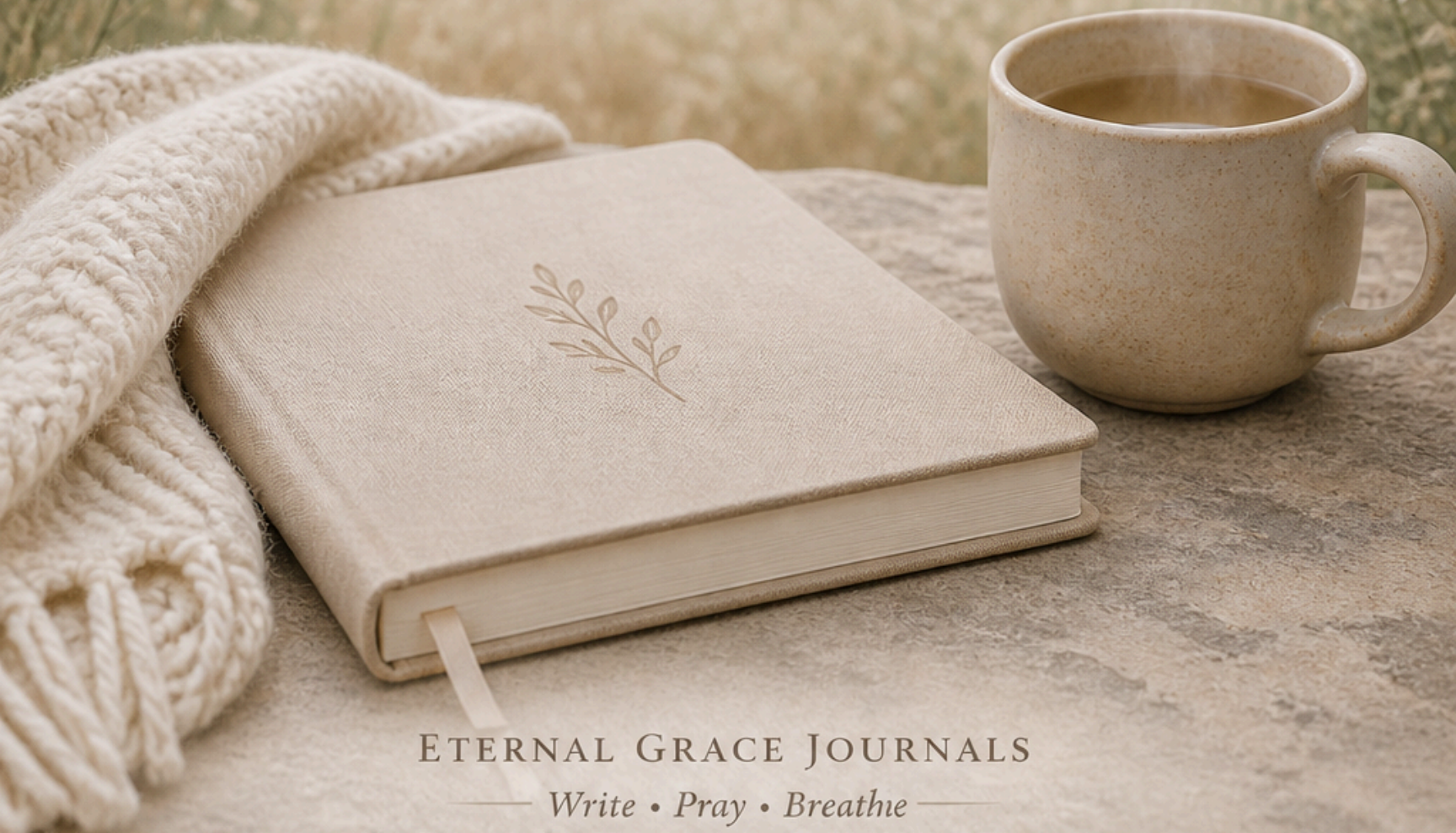
DEEPER REFLECTION



Identity

A REFLECTION GUIDE

*Explore who you are,
release what no longer serves you,
and embrace the truth.*



ETERNAL GRACE JOURNALS

— Write • Pray • Breathe —

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Welcome



This isn't about having the right words.

This isn't about doing it perfectly.

This is about honesty.

As you move through these pages,
give yourself permission to be real—
to acknowledge what's been weighing on you,
and to sit with the truth of who you are.

You don't have to rush.
You don't have to force anything.
Just start where you are.



You are allowed to grow at your own pace.



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What I've Been Carrying



The things I've believed about myself



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Reflection



Take your time. Be honest. There are no right or wrong answers.



What labels have I accepted about myself?



Which ones feel heavy or untrue?



When did I first start believing these?



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Where It Came From



Understanding the roots that shaped me



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Reflection



Take your time. Be honest. There are no right or wrong answers.



Who or what influenced how I see myself?



Were those voices rooted in truth or hurt?



What moments shaped my self-perception?



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What Is True About Me



*Discovering the truth
that sets me free.*



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Reflection



Take your time. Be honest. There are no right or wrong answers.



What truths about me have I been ignoring?



What would it look like to believe I am already enough?



What part of me needs to be reminded of truth?



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Releasing & Rewriting



*Letting go of what no longer defines me
and stepping into what is true.*



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Reflection



Take your time. Be honest. There are no right or wrong answers.



What am I ready to let go of?



What am I choosing to believe instead?



Write a new identity statement for yourself:



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My Identity Statement

What I now choose to believe about myself.

A large, white, rounded rectangular area containing 15 horizontal lines for writing. The lines are evenly spaced and extend across the width of the area.

*This is not the end.
This is the beginning of who you are becoming.*



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Say It



*Words have power.
Speak what is true. Speak who you are becoming.*



I SPEAK TRUTH.
I choose honesty with myself.

I SPEAK LIFE.
I affirm who I am becoming.

I SPEAK BOLDLY.
My voice matters.

I SPEAK FREELY.
I am no longer afraid to be me.



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Pause here.



*You don't have to rush this.
Let what you've written settle.*



CLOSING THOUGHTS



You are not who you
once believed you were.



*You are growing.
You are becoming.
And that is enough for today.*



TAKE THIS WITH YOU:
*You don't have to carry everything
you once did.*



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