

LETTING GO SELF HATE

TIMELESS ADVICE FROM THE RICHEST AND
WISEST MAN THAT EVER LIVED

AFFIRMATION



Personal Reflection Affirmations

Self Hate

"I choose to see myself through God's eyes, not through the lens of self-criticism. Proverbs 23:7 reminds me that my thoughts shape my reality, so I embrace the truth that I am worthy and loved."

I release the habit of self-hate, choosing instead to affirm my God-given value and purpose.

I acknowledge that self-doubt and negative thoughts once held me captive, but I refuse to let them define me. As Proverbs 23:7 says, "As a man thinketh in his heart, so is he." I recognize that my worth is not determined by my past mistakes, others' opinions, or my own insecurities. Instead, I choose to align my thoughts with God's truth—I am valuable, I am loved, and I have a purpose.

Each time I feel unworthy, I remind myself that I am God's masterpiece. I let go of harsh self-judgment and extend grace to myself, just as God extends His grace to me. I replace self-hate with self-compassion and self-worth. By doing so, I nurture inner peace and confidence, creating a positive mindset that allows me to thrive.

Through prayer and reflection, I learn to silence the voice of self-hate and embrace the voice of truth. I trust that God created me for a reason, and I walk in that purpose with faith and assurance.

SELF-REFLECTION QUESTIONS

- What negative beliefs about myself do I need to let go of?
- How can I replace self-criticism with self-compassion?
- What are three things I love about myself today?
- How does understanding my worth in God's eyes change the way I see myself?
- What daily practice can I implement to reinforce my self-worth?