

Truth DECLARATIONS

THE TRUTH IS...

I have a right to a voice.

I am enough.

I matter.

I am not my body.

I am safe.

I get to try my best every day.

I am responsible for every choice I make, as is every other person.

I am responsible for what I eat.

How others treat me doesn't determine or affect my worth.

I have the right to make mistakes.

Others can't reject me, I can only reject myself.

My body was given to me not for turning heads but turning hearts.

I don't have to be perfect, because Christ is.

My worth comes from God.

God will heal all who come to Him.

I am of infinite worth.

I was never meant to be compared.

I have a right to change my mind.

I cannot make myself more or less valuable.