

Rewiring My Worth

A CONFIDENCE REFLECTION GUIDE

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” – Romans 12:2

1. Checking Your Filter

Your brain naturally filters the world to find evidence of what you already believe. If you believe you are a burden, you will only notice moments you feel like a burden.

Reflect: What is one negative belief about yourself that your brain has been constantly looking for evidence of lately?

Challenge: Read Philippians 4:8. What is one piece of evidence of God’s goodness or your value that your brain has been ignoring?

2. Building Your Memorial Stones

In Joshua 4, God commanded the Israelites to build a physical pile of stones after crossing the Jordan River so they would never forget His faithfulness. Our minds need literal reminders of past victories to feel confident about the future.

Reflect: Write down three "stones" right now. What are three specific times God answered a prayer, provided for you, or helped you navigate a difficult season?

3. The Power of a Name

When we are stressed, we tend to speak to ourselves with a harshness we would never use with a friend. King David created emotional distance by speaking directly to his own soul (Psalm 42:5).

Reflect: Write a short, two-sentence letter to yourself using your own name, addressing your current insecurity the way God or a deeply loving friend would.

4. Stepping Outside to Shrink the Ego

Experiencing "awe" in God's creation naturally quiets our self-criticism and reminds us that God is holding the universe together—so we don't have to.

Reflect: When was the last time you felt a sense of awe at something God made? How does remembering His immense power take the pressure off of you to "have it all together"?

My True Identity Blueprint

FILL-IN-THE-BLANKS DECLARATION

We often forget who we are the moment life gets overwhelming. Fill in the blanks below to create a personal, truth-filled "blueprint" you can read aloud the next time your inner alarm bells start ringing.

The Truth About My Thoughts

When my mind tries to tell me the lie that I am _____,

I will gently remind myself that God says I am _____.

The Truth About My Focus

Instead of letting my mind idle in worry and overthinking, I will intentionally shift my focus outward today by _____.

(e.g., praying for a specific friend, completing a small task, serving someone)

The Truth About My Past

When I feel totally unequipped for what is in front of me, I will remember how God helped me survive _____.

Because He was faithful then, I know He will be faithful now.

The Truth About My Posture

When I feel defeated, my body wants to slouch and hide. But Psalm 3:3 reminds me that God is a shield around me and the lifter of my head. Today, I will physically stand tall and roll my shoulders back because my confidence comes from

_____.

The Truth About My Pace

God does not require me to rush, panic, or prove myself to anyone. Today, I am giving myself permission to stop striving for perfection, and instead simply focus on this one small next step: _____.

A Daily Declaration

I am not defined by my productivity, my mistakes, or the opinions of others. I am defined entirely by my Creator. Today, I choose to walk forward not because I am perfect, but because I belong to Him.

Disclaimer: This reflection guide is for educational and spiritual purposes only. It is not a substitute for professional therapy, psychological or medical advice, diagnosis, or treatment. If you are experiencing significant mental health distress, please reach out to a licensed mental health professional.