



mattmcwilliams.com

A note from Matt:

These are merely ideas to get you started. While I would certainly recommend including all or most of them, I encourage you to use them as a guide only. Add your own. Tweak them, replace words, combine them. Do whatever you need to do to make them yours.

Do these declarations as often as you need to. Morning, afternoon, and night. Once a day, twice a day, or ten times a day. Do some in the morning, some in the evening, or repeat only one to yourself all day long. It's up to you.

And make sure to include your children. When they are infants, speak them over your children as "You are" statements. Then, as they are able to speak, have them declare these themselves.

Your children and you will become what you say about yourselves. So boldly declare who you are.

The tongue has the power of life and death – Proverbs 18:21

I am a child of God.

I am strong.

I am a history maker.

I am smart.

I am a leader.

I am generous.

I am creative.

I am wise.

I am disciplined.

I am talented.

I am patient.

I am poised.

I am healthy.

I am trustworthy.

I am courageous.

I am confident.

I am loved.

I am energetic.

I am beautiful/attractive.

I am blessed.

I am an overcomer.

I am persistent.

I am prosperous.

I am passionate.

I am successful.

I am a person of action.

I am fun.

I am a world changer.

I am happy.

I am _____.

I can do all things through Christ...