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# TRUTH STATEMENT BUILDER: SPEAK INTO WHO YOU'RE BECOMING

As you grow and reflect, begin noticing the strengths that are rising to the surface. Pay attention to the dreams, passions, and possibilities that are starting to take shape as you choose to live WIDE-OPEN.

Crafting a truth statement is your way of putting words to that emerging vision. It's not just about who you've been—it's about who you truly are and what you've been uniquely designed to do.

At first, this might feel uncomfortable. That's okay. Growth often begins in discomfort. Don't confuse discomfort with dishonesty. You're not pretending—you're practicing belief in what's real but not yet fully lived out.

## Focus on truths about:

- Who you are at your core
- What you're capable of
- What you've been created to contribute
- The direction you feel called to grow in
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## Steps to Create Your Truth Statement:

1. Reflect on your current season. What strengths are showing up? What dreams are stirring?
2. Write a statement that reflects what's true (or becoming true) about who you are and what you're called to do.
3. Speak it aloud often. Repetition builds belief.
4. Share it with people who will encourage and support you in becoming who you're meant to be.

I \_\_\_\_\_, am a \_\_\_\_\_  
who is \_\_\_\_\_,  
\_\_\_\_\_,  
\_\_\_\_\_!!



**Rewrite this on a notecard. Then, post it at work or home. Read and recite this out loud several times a day to build confidence and to inspire creativity.**



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# Creating Your Truth Statement

Capable	Caring	Charismatic	Cheerful	Clear-headed
Clever	Collaborative	Committed	Compassionate	Confident
Considerate	Consistent	Cooperative	Courageous	Courteous
Creative	Curious	Decisive	Dedicated	Dependable
Determined	Diligent	Disciplined	Discerning	Driven
Dynamic	Eager	Easygoing	Educated	Empathetic
Encouraging	Energetic	Engaging	Enthusiastic	Ethical
Even-tempered	Excellent	Expressive	Fair	Faithful
Flexible	Focused	Forgiving	Friendly	Fun-loving
Generous	Gentle	Genuine	Giving	Goal-oriented
Good-hearted	Gracious	Grateful	Grounded	Hardworking
Helpful	Honest	Hopeful	Humble	Humorous
Imaginative	Independent	Innovative	Insightful	Inspiring
Intelligent	Intentional	Joyful	Just	Kind
Leader	Learner	Level-headed	Light-hearted	Listener
Logical	Loyal	Loving	Mature	Methodical
Mindful	Modest	Motivated	Nurturing	Observant
Open	Open-hearted	Open-minded	Optimistic	Organized
Outgoing	Passionate	Patient	Peaceful	Perceptive
Perseverant	Persistent	Persuasive	Playful	Pleasant
Poised	Positive	Powerful	Practical	Prayerful
Prepared	Principled	Proactive	Productive	Professional
Protective	Purposeful	Rational	Realistic	Reflective
Reliable	Resilient	Resourceful	Respectful	Responsible
Reverent	Risk-taker	Sacrificial	Secure	Self-aware
Self-confident	Self-controlled	Self-disciplined	Selfless	Sensitive
Servant-hearted	Sharp	Sincere	Skilled	Smart
Social	Solid	Solution-oriented	Spirit-led	Spiritual
Spontaneous	Steady	Strategic	Strong	Supportive
Sympathetic	Systematic	Teachable	Team-player	Tenacious
Thankful	Thorough	Thoughtful	Tolerant	Tough
Trusting	Trustworthy	Truthful	Unshakable	Visionary
Warm	Welcoming	Wholehearted	Wise	Zealous