

Scripture & Self-
Worth Journal:

*A 7-Day Journey to
Renew Your Mind*





Welcome to the Scripture & Self-Worth Journal

Dear Beloved,

Welcome to a sacred space where healing begins and truth speaks louder than fear. This journal is born out of a journey—one of confronting the fear of criticism, uncovering old wounds of rejection, and stepping into the truth of who God says we are.

If you've ever struggled with insecurity, people-pleasing, or fear of judgment, you're not alone. Through Scripture, reflection, and prayer, you'll walk with God for 7 intentional days to rewrite the lies and rebuild your foundation of self-worth on His unshakable love.

You were created on purpose, for a purpose. And it's time to believe it.

With grace,

The Uhai Path Team 

How to Use This Journal

Each day features a powerful Scripture, a short reflection, a truth-based affirmation, a prayer, and a journaling prompt.

Set aside 10–20 minutes daily. Begin with prayer, read the verse slowly, reflect on the message, speak the affirmation aloud, and journal your thoughts honestly.

Come back to these pages whenever you need to realign your identity with God's truth.



Day 1: I Am Loved and Accepted

Scripture: “I have loved you with an everlasting love; I have drawn you with unfailing kindness.” – Jeremiah 31:3

Reflection:

No one can love us like God does—fully, eternally, unconditionally. Let His love sink into the broken places left by rejection or criticism.

Affirmation:

I am deeply loved and fully accepted by God.

Prayer:

Lord, let Your love saturate every part of me that still feels unloved. I receive Your kindness today.

Prompt:

What would change in your life if you truly believed you were already fully accepted by God?



Day 2: I Am Chosen by God

Scripture: “You did not choose me, but I chose you and appointed you.” –
John 15:16

Reflection:

You are not an afterthought. God chose you deliberately—for relationship and for purpose.

Affirmation:

I am chosen and dearly loved by God.

Prayer:

Thank You, Lord, for choosing me even when others didn't. Remind me of my worth today.

Prompt:

Write about a time you felt left out. How does God's choice of you rewrite that experience?

Day 3: I Am God's Masterpiece

Scripture: “For we are God’s masterpiece. He has created us anew in Christ Jesus.” – Ephesians 2:10 (NLT)

Reflection:

You are not a mistake. You are His artwork, shaped with beauty and meaning, no matter what others have said.

Affirmation:

I am God’s masterpiece—beautiful, valuable, and made with purpose.

Prayer:

Lord, help me see myself through Your eyes. Wash away the shame and reveal my divine design.

Prompt:

What makes you unique? List your strengths, passions, and personality traits that reflect God’s handiwork.



Day 4: I Am Not What Others Say

Scripture: “Am I now trying to win the approval of human beings, or of God?” – Galatians 1:10

Reflection:

Living for human approval is exhausting. True freedom comes when we anchor our identity in God’s voice.

Affirmation:

My worth is not defined by others. I live for God’s approval, not man’s praise.

Prayer:

God, free me from the trap of people-pleasing. I want to live boldly for You.

Prompt:

Whose opinion has weighed heavily on you? Surrender that voice to God and write what He says about you instead.

Day 5: I Am Being Renewed

Scripture: “Be transformed by the renewing of your mind.” – Romans 12:2

Reflection:

Your mind can be rewired by God’s truth. Healing is not a one-time moment—it’s a journey of daily renewal.

Affirmation:

My mind is being renewed by truth. I am not stuck in fear or false beliefs.

Prayer:

Lord, transform the way I think. Let truth replace every lie I’ve believed about myself.

Prompt:

What negative beliefs are you ready to let go of? Write them down, then rewrite them as truth.



Day 6: I Am Called with a Purpose

Scripture: “Make every effort to confirm your calling and election.” – 2 Peter 1:10

Reflection:

Your purpose isn't random. God has equipped and ordained you for good works. Rejection doesn't cancel your calling.

Affirmation:

I am called, equipped, and anointed for a divine purpose.

Prayer:

Father, confirm the calling You've placed on my life. Help me walk in it with boldness.

Prompt:

What do you feel called to do in this season? Ask God to show or confirm it, then write what you sense.

Day 7: I Am Not Afraid of Criticism

Scripture: “If God is for us, who can be against us?” – Romans 8:31

Reflection:

Criticism doesn't have the final word. God's love defends you and His purpose for your life cannot be cancelled by human opinion.

Affirmation:

Criticism does not define me. I stand firm in God's love and truth.

Prayer:

God, help me rise above the fear of rejection. Give me courage to walk confidently in Your purpose for my life.

Prompt:

Write a letter to yourself about how you want to respond to future criticism—from a place of healing and strength.



Identity & Purpose Affirmations

Speak these daily or paste them on your wall as reminders of truth:

- I am deeply loved and fully accepted by God.
- I am chosen and set apart for a divine calling.
- I am not what others say—I am who God says I am.
- I am God's masterpiece, uniquely created.
- I am secure in God's love and free from people-pleasing.
- I live for God's approval, not man's praise.
- I walk boldly in my purpose with faith, not fear.
- Criticism does not define me—Christ does.
- I am being transformed daily by the renewing of my mind.



Notes & Reflections

Use these pages for additional prayers, personal insights, or words God speaks to your heart.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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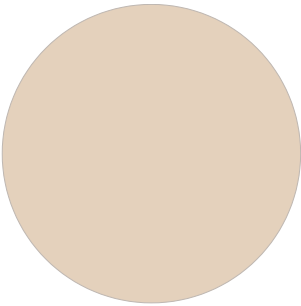
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*"I am not what others
say—
I am who God says I
am."*

*"Fear not, for I have redeemed you; I have called you by
your name; you are Mine."
— Isaiah 43:1*