

BELIEVE
IN
YOURSELF

BE INSPIRED FOR REAL

10 DAILY INSPIRATIONAL AFFIRMATIONS

Speak it. Believe it. Live it.

Janette Owens

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ABOUT ME



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Janette Owens is a faith-driven writer, encourager, founder, and CEO of Be Inspired For Real and Be Inspired For Real, LLC. Through her blogs, purpose-driven merchandise, and “happy ministry,” she shares real-life stories, biblical truth, and bold inspiration to help others walk in purpose with God.

Let's Speak Life

How to Use This Book

1. **Read the heading.** Smile.
2. **Look at the image.** Let it sink in.
3. **Say the affirmation three times out loud.** Yes, out loud.
4. **Check the Scripture.** Anchor your words in truth.
5. **Read the short paragraphs.** Keep it personal.
6. **Do the action step today.** Simple obedience beats big promises.
7. **Answer the reflection question each night.** Honesty grows faith.

Ten days. Ten small steps. Big heart change. Ready?



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Warm Welcome

Hey Friend, I'm glad you're here.

I want to share a little about why these pages matter to me. I grew up in a loud house. People talked all the time. Some words helped, some hurt, but mostly the latter. I remember my teacher overheard me calling myself names in the bathroom mirror. She looked me straight in the eye and said, "Stop rehearsing defeat. Speak truth." I never forgot.

Years later, bills stacked up, and my faith felt thin. I wrote on a sticky note, "**I am still here and God is still good.**" I read it each morning. Hope returned. That note grew into a journal, and decades later, the journal grew into a trove of affirmations.

You now hold ten of my favorites. Each one rests on Scripture and real life. They carried me through job loss, strained friendships, grief, and the daily grind of the 9-to-5. I hope they can carry you, too.

The purpose of this guide is to change your inner conversation. Over ten focused days, you will trade self-doubt for Scripture-rooted truth, speak that truth out loud, and follow it with one doable action. The goal is not feel-good fluff; it is genuine heart change that trains your tongue, sharpens your focus, and moves you toward the life God already sees for you.

Speak life.



The Ten-Day Journey

Day 1 - Wake-Up Wow

Affirmation: I rise grateful and ready.

Scripture: Lamentations 3:22-23

Devotional Thought:

Morning sets the mood. When gratitude leads, grumbling loses. I swing my legs off the bed and thank God for lungs that work and eyes that open. Small thanks invite big joy. I do not ignore problems. I greet them with praise. Trouble hears worship and thinks twice.



Morning mercies never hit snooze.

Action Step: List three blessings before touching your phone:

1. _____
2. _____
3. _____

Reflection Prompt: What tried to steal your morning joy last week?

The Ten-Day Journey

Day 2 - Mirror Talk Magic

Affirmation: I speak truth over my life.

Scripture: Psalm 139:14

Devotional Thought:

The mirror shows skin and hair. God sees destiny. I choose His view. I declare worth even when wrinkles wave hello. Speaking the truth aloud reshapes the thoughts within my mind.



Tell the mirror the real news.

Action Step: Write your affirmation on the bathroom glass with a dry-erase marker. Practice below.

Reflection Prompt: Which false label will you erase today?

The Ten-Day Journey

Day 3 - Grace Over Grind

Affirmation: I work from rest, not for it.

Scripture: Matthew 11:28-30

Devotional Thought:

Jesus never sprinted, yet He finished everything. I give up my frantic energy and take His pace. My worth is settled, so my calendar can breathe. Deadlines still exist, but grace sets the tone.



Hustle bows to grace.

Action Step: Schedule one twenty-minute break and guard it like gold. How did it feel?

Reflection Prompt: What does true rest look like for you this season?

The Ten-Day Journey

Day 4 - You + God > Any Mess

Affirmation: God and I outnumber my chaos.

Scripture: Romans 8:37

Devotional Thought:

Deadlines pile up, missed bills, sick kids, the roof collapses—yet walking with Jesus flips the script. With the King beside me, panic fades and every problem shrinks.



Miracles outdo chaos any day.

Action Step: Pray, “Lord, show me the next step,” then take it.

Reflection Prompt: Where do you need to see God as teammate, not distant boss?

The Ten-Day Journey

Day 5 - Joy is My Jumpstart

Affirmation: I choose joy, not drama.

Scripture: Nehemiah 8:10

Devotional Thought:

Joy is fuel, not frosting. It powers resilience. I laugh on purpose and watch heaviness shrink. Joy is rebellion against despair. It shouts, "Hope still rules."



Joy is like a glitter bomb.

Action Step: Send a goofy meme to three friends.

Reflection Prompt: When did laughter last surprise you? Describe the feeling.

The Ten-Day Journey

Day 6 - Peace in My Pocket

Affirmation: I carry peace in every room.

Scripture: John 14:27

Devotional Thought:

Peace is portable. I do not wait for calm skies. I bring the calm. Breathing slowly, whispering Jesus, I shift atmospheres. Anxiety notices and backs away.



Peace fits anywhere.

Action Step: Sit relaxed, soften shoulders. Inhale four counts, exhale six counts, repeat five cycles. Notice tension melt and calm rise slowly. Record your body's response below.

Reflection Prompt: Which space in your day feels the noisiest inside?

The Ten-Day Journey

Day 7 - Speak Life Loud

Affirmation: My words plant hope.

Scripture: Proverbs 18:21

Devotional Thought:

Words are live wires. I choose life even when sarcasm beckons. Compliments cost nothing but pay huge returns—drop one today and watch hearts blossom.



Life words echos farther.

Action Step: Call or text someone a sincere encouragement or compliment.

Reflection Prompt: What phrase will you retire because it hurts more than helps?

The Ten-Day Journey

Day 8 - Faith Beats Fear

Affirmation: I act by faith even while fear yells.

Scripture: 2 Timothy 1:7

Devotional Thought:

Fear keeps opening the oven to check the cake. Faith closes the door, trusts the heat, and lets it rise.



Fear scrambles. Faith rises.

Action Step: List two brave acts you plan to do today. Do **one** brave thing before noon.

Reflection Prompt: How has fear lied about today's outcome?

The Ten-Day Journey

Day 9 - Progress Not Perfection

Affirmation: I honor small wins.

Scripture: Philippians 1:6

Devotional Thought:

Perfection chokes progress. God celebrates steps. I clap for the inch gained, not the mile missing. Growth loves honesty and patience. That combo keeps me moving.



Celebrate the gap you closed.

Action Step: Write one win from the past 24 hours.

Reflection Prompt: Which area of your life needs kinder expectations?

The Ten-Day Journey

Day 10 - Shine and Serve

Affirmation: I use my gift to lift others today.

Scripture: Matthew 5:16

Devotional Thought:

Gifts kept in dark cupboards rot. Gifts shared feed crowds. I shine to point to Jesus, never to hog the spotlight. Service enlarges joy. Generosity turns an ordinary Tuesday into holy ground.



Light shared grows brighter.

Action Step: Offer help before being asked. Write one good thing you did today.

Reflection Prompt: Who will feel God's love through you today?

TAKEAWAY



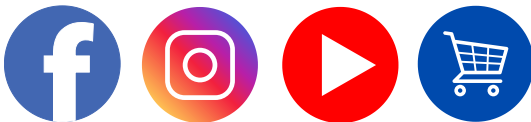
Final Reflection

Flip back through these pages and land on the affirmation that spoke the loudest in your spirit. Claim it. Speak it out loud every day for the next 30 days—morning traffic, lunch break, bedtime routine. Jot down every spark of good that follows, big or small, and let the list remind you that your words are working. When the month is up, look at the evidence and smile: faith spoke first, and God answered.

Speak it. Believe it. Live it.

Call To Action

Have you finished the journey? Post your favorite affirmation on Facebook or Instagram, tagging @beinspiredforreal. Then, grab your favorite merch at beinspiredforreal.com/shop and wear your words.



Brighten your day with our
"Be Inspired For Real" collection!