



SEVEN EMPOWERING BELIEFS FOR FREEDOM



THIS PASSOVER SET YOURSELF FREE.

By Sara Debbie Gutfreund

1

I have exactly what I need. God gives me the resources and relationships I need to succeed. Events in my life happen for a reason and everything I'm given helps me achieve my life's purpose.



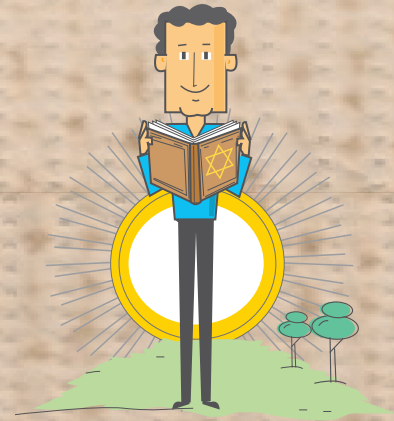
2

It's the effort that counts. There is no such thing as failure. I may not achieve the results I want but as long as I am trying my utmost and learn something from it, I am succeeding.



3

God is always with me. No matter how alone I may feel, I know that God has my back. I can depend on Him to help me through anything.



4

I am never stuck. There's always a way forward when I am committed to my goal. I can always learn new strategies.

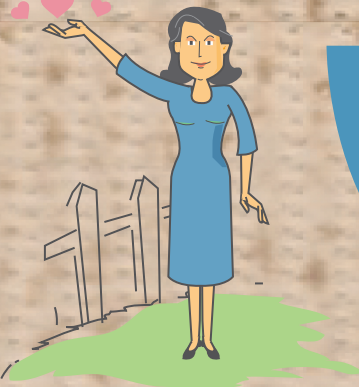


6

I can only change myself. The only person I can change is myself. I can love, help and be kind to others, but I can't change them.

5

I choose gratitude. Throughout the day I find new things for which to be grateful and remember how blessed I am today.



7

I can rise above my nature. I can conquer physical desires and instincts that limit my spiritual growth. I take care of my body, but I live with my soul.

