



CLARESA BAGGS
SPEAKS LIFE

7-Day Affirmation Reset

A FREE GIFT FROM DR. CLARESA BAGGS

*Seven days. Seven declarations.
One powerful shift.*



WELCOME, BELOVED

These seven declarations were written for YOU — the one who has been carrying more than you should. Read each one aloud every morning.

Speak it like you mean it, even on the days you don't feel it yet.

Healing begins the moment you open your mouth and speak life over yourself. You are not what happened to you.

You are what God says about you.

You Are Worthy

I am worthy of healing, love, and every good thing life has to offer. My past does not define my worth — my Creator does.

◆ TODAY'S REFLECTION

Take 5 minutes today to write down three things that make you uniquely valuable. Not what you do — who you are.

MY DECLARATION TODAY:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you." — Jeremiah 29:11

Release the Weight

I release every burden that was never mine to carry. I give myself permission to lay it down and walk forward lighter.

◆ TODAY'S REFLECTION

What have you been carrying that belongs to someone else's choices, not yours? Name it — and consciously choose to set it down today.

MY DECLARATION TODAY:

"Cast all your anxiety on Him because He cares for you." — 1 Peter 5:7

I Forgive Myself

I forgive myself fully and freely. I am not my mistakes. I am the lesson, the growth, and the comeback.

◆ TODAY'S REFLECTION

Say out loud: "I forgive myself for _____. " Fill in the blank honestly. Say it until you feel it shift.

MY DECLARATION TODAY:

"There is therefore now no condemnation for those who are in Christ Jesus." — Romans 8:1

My Voice Has Power

My story is my strength. When I speak my truth, I break chains — not just for me, but for everyone who hears it.

◆ TODAY'S REFLECTION

Is there a truth you've been afraid to speak? Write it down privately today. Your voice deserves to be heard, starting with yourself.

MY DECLARATION TODAY:

"They triumphed over him by the blood of the Lamb and by the word of their testimony." — Revelation 12:11

Healing Is Happening

I am healing — even when I can't see it. Every breath I take is proof that I am still becoming who I was created to be.

◆ TODAY'S REFLECTION

Healing isn't linear. Where have you grown in the last year that you haven't given yourself credit for? Write it down.

MY DECLARATION TODAY:

"He heals the brokenhearted and binds up their wounds." — Psalm 147:3

I Choose Peace

I choose peace over chaos, grace over guilt, and purpose over pain. Today I walk in the freedom that is already mine.

◆ TODAY'S REFLECTION

What one thing can you do today to protect your peace? Set that boundary, make that call, or simply rest without guilt.

MY DECLARATION TODAY:

"And the peace of God, which transcends all understanding, will guard your hearts and your minds." — Philippians 4:7

I Speak Life

I speak life over myself, my family, my future, and my purpose. What God has ordained for me cannot be cancelled.

◆ TODAY'S REFLECTION

Write a love letter to your future self — the healed, whole, thriving version of you. Seal it and open it in 90 days.

MY DECLARATION TODAY:

"The tongue has the power of life and death." — Proverbs 18:21



You Did It, Beloved.

Seven days. Seven declarations. One powerful shift.

But this is just the beginning.

You were never broken — you were becoming.

Keep speaking life. Keep forgiving yourself.

Keep showing up for the healing you deserve.

READY TO GO DEEPER?

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