

# The Know Your Worth Journal



**For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. (Ephesians 2:10)**

**This journal  
belongs to:**

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# INTRODUCTION



**Hello friend,**

**I'm Stacia, Executive Chef at [www.thecompassionchef.com](http://www.thecompassionchef.com), where I can help you on your path to freedom! I provide attainable solutions for everyday life lessons that will assist you as you embark on your journey to confronting and conquering those insecurities and fears that prevent you from being who God created you to be. I wanted to create a journal that will not only bring glory to God, but comfort you through the process as you break free from the chains of your past. I pray that this journal will inspire you to seek God with your whole heart. He is the way. Your freedom is waiting!**

**Blessings,**

*Stacia*



**Psalm 139:14**

**I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”**

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**Affirm:** \_\_\_\_\_

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**Psalm 46:5**

**“God is within her, she will not fall; God will help her at break of day.”**

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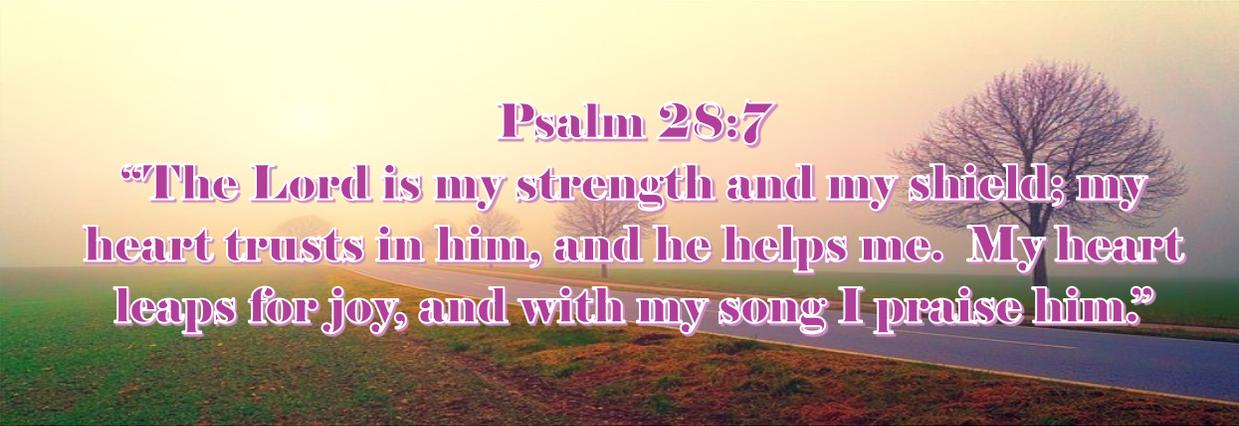
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**Affirm:** \_\_\_\_\_

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**Psalm 28:7**

**“The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.”**

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**Luke 1:45**

**“Blessed is she who has believed that the Lord would fulfill his promises to her.”**

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**Song of Songs 4:7**  
**“You are altogether beautiful, my darling; there is no flaw in you.”**

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**Pray:** \_\_\_\_\_

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## 1 Peter 3:3-4

“Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. It should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is great in God’s sight.”

**Reflect:**

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## Proverbs 3:15-18

“She is more precious than rubies, nothing you desire can compare to her. Long life is in her right hand; riches and honor in her left hand. Her ways are pleasant and her paths are peace. She is a tree of life to those who take hold of her; those who hold her fast will be blessed.”

**Reflect:** \_\_\_\_\_

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**Pray:** \_\_\_\_\_

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# EPILOGUE



**Hello again,**

**I pray that you enjoyed this know your worth journal and that it was a blessing to you. My hope is that this journal has revealed to you your worth while also bringing you closer to God. Prayerfully, you have been impacted in a positive way that has allowed you to be able to release those mental strongholds that have been keeping you bound. You are His masterpiece! Your feedback would be greatly appreciated . Contact me at [info@thecompassionchef.com](mailto:info@thecompassionchef.com) May God continue to bless you!**

**Cheerfully in Christ,**

*Stacia*