



THE DIARY OF A RESILIENT *QUEEN*

Declaring & Winning *Mini-Workbook*

Toni Simmons Husband

Declaring & Winning

Mini-Workbook

#1- LAY IT OUT BEFORE GOD

Before you even enter this moment where you get the declaring things, you have to lay it out before God. You have to do the hard part. You have to pour it out. I mean really let it be known what is on your heart. Give yourself the space to feel and cry out. It is okay. God will comfort you.

#2-THANKFULLNESS TO GOD

Examine your life and some of the things that you have been through. Think hard on the things that you just know God has brought you through. How did being freed from that circumstance or situation feel? Stay in that feeling and begin to write 3 things that you are thankful for to God for lifting you out of that situation. Refer back to this section when you get discouraged.

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#3- TIPS TO STAYING THE COURSE

- Keep your focus on God.
- Consume only things that align with God
- Be careful not to focus on worldly things (they are temporary!)
- Learn to be content with where God has you.
- Surround yourself with a community of people who can be there for you and encourage you.
- Stay in a positive mood; do what brings you joy.
- Speak life into yourself! (affirmations and bible verses that speak to you will do the trick!)

#4- GOD'S PROMISES ARE...

Read Proverbs 3:5-6, Romans 8:28, Jeremiah 29:1. Those are a few to get you started. Find some bible verses that speak to you in this season.

Affirmations for declaring out of a hard place:

I am worthy in God's eyes.

God has a plan for my life.

It is not what it seems, I will keep my eyes on God.

Jesus died for me to be set free, that includes the
past, the pain, and the trauma.

I am safe because God protects me.

All things work together for my good.

Blessings, victories and miracles are on the other
side of what I am going through.

God loves and accepts all of me.

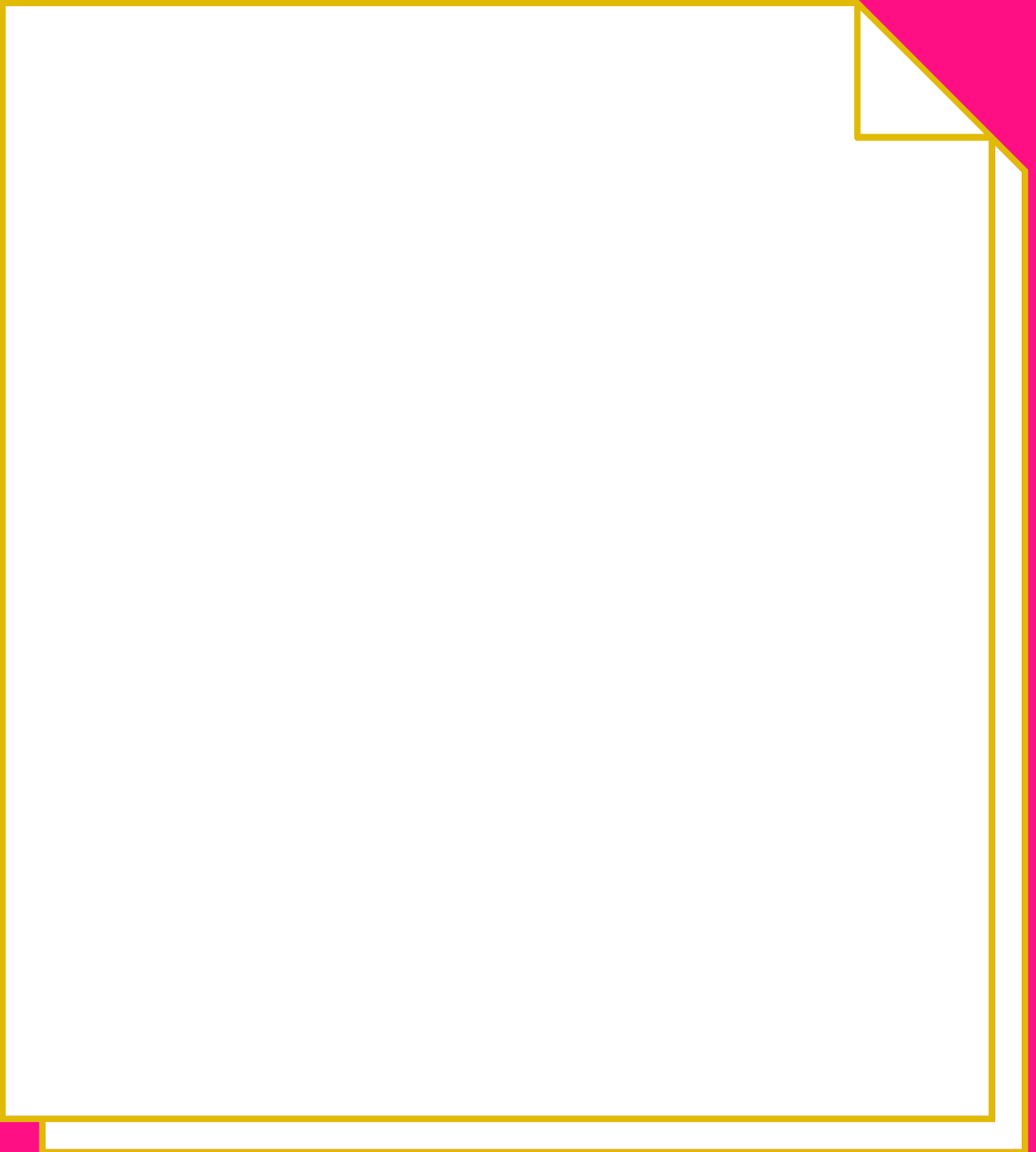
I live an abundant life.

Proverbs 18:21

The tongue has the power of life and death, and those who love it will eat its fruit.

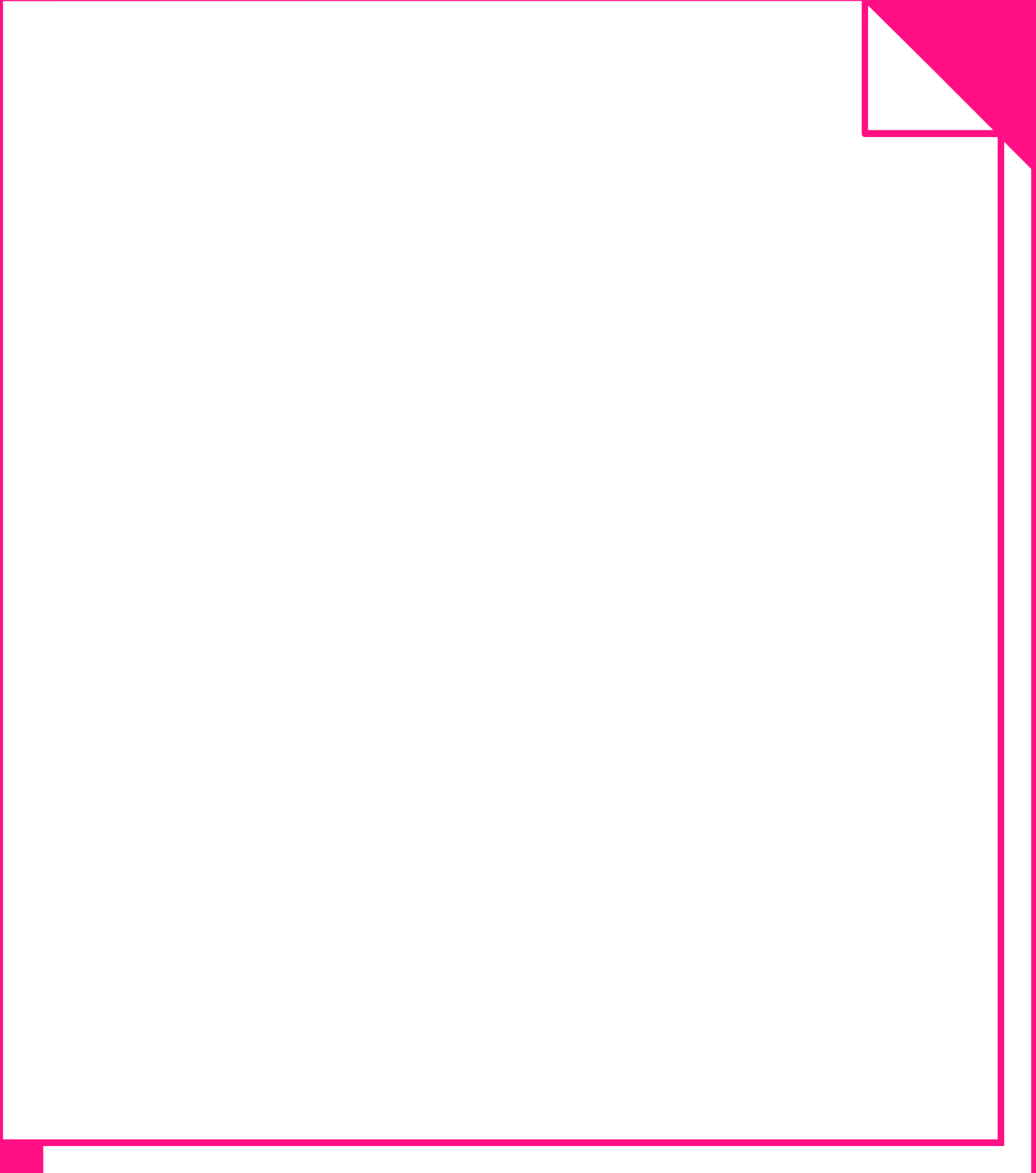
Pray through it, Queen!

Use the next few pages to pray and journal through your season right now. Continue to pray through it. Feel free to reflect on these pages about your experience or just to simply talk with God.



Pray through it, Queen!

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One last thing...

This FAITH journey is no game but being encouraged through it all is the key to getting through. God will see you through it all. I hope this helped you to begin cultivating a lifestyle declaring yourself through a hard time. I have learned that going to the WORD, using affirmations and praying help me to get through tough seasons.

Can you do me a favor? Write a review by emailing me
@thediaryofaresilientqueen@gmail.com

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