

## 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.

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

**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.

**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.

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