

Appendix A - Jar of Encouragement Affirmations

I am surrounded by happiness and positivity	I am deserving of respect and kindness	I am blessed with a beautiful soul
I am confident in my abilities to make a difference	I am worthy of success and achievement	I am constantly learning and growing
I am surrounded by abundance and prosperity	I am blessed with a beautiful heart	I am filled with hope and optimism
I am worthy of all the blessings in my life	I am grateful for the love and support of my friends and family	I am capable of achieving greatness
I am surrounded by beauty and wonder	I am worthy of happiness and fulfillment	I am strong and resilient in the face of adversity
I am blessed with a beautiful mind	I am deserving of love and respect	I am confident in my abilities to make a difference in the world
I am surrounded by love and positivity in all areas of my	I am worthy of all the good things life has to offer	I am grateful for my unique path in life
I am capable of overcoming any challenge	I am surrounded by joy and happiness	I am deserving of love and acceptance
I am blessed with a beautiful spirit	I am filled with inner strength and determination	I am worthy of abundance and prosperity
I am confident in my abilities to achieve my goals	I am surrounded by peace and tranquility	I am grateful for my life and all its blessings
I am capable of creating my own happiness	I am deserving of all the good things in life	I am strong and empowered
I am blessed with a beautiful soul and heart	I am worthy of forgiveness and second chances	I am surrounded by positivity and love

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I am surrounded by abundance and prosperity	I am blessed with a beautiful heart and soul	I am filled with hope and optimism
I am worthy of all the blessings in my life	I am grateful for the love and support of my friends and family	I am capable of achieving greatness
I am surrounded by beauty and wonder	I am worthy of happiness and fulfillment	I am strong and resilient in the face of adversity
I am blessed with a beautiful mind and spirit	I am deserving of love and respect	I am confident in my abilities to make a difference
I am worthy of all the good life has to offer	I am grateful for my unique path in life	I am capable of overcoming any challenge
I am surrounded by joy and happiness	I am deserving of love and acceptance	I am blessed with a beautiful spirit
I am filled with inner strength and determination	I am worthy of abundance and prosperity	I am confident in my abilities to achieve my goals
I am surrounded by peace and tranquility	I am grateful for my life and all its blessings	I am capable of creating my own happiness
I am deserving of all the good things in life	I am strong and empowered in all areas of my life	I am blessed with a beautiful soul and heart
I am worthy of forgiveness and second chances	I am surrounded by positivity and love	I am confident in my abilities to overcome any obstacle
I am deserving of respect and admiration	I am grateful for the beauty of the world around me	I am capable of achieving my dreams and aspirations
I am surrounded by love and light	I am worthy of all the love and happiness in the world	I am strong and courageous in the face of challenges
I am worthy and deserving of love and happiness	I believe in myself and my abilities	I am capable of achieving my goals

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I trust the journey of my life	I am grateful for all the blessings in my life	I choose to focus on the positive
I am blessed with amazing relationships	I am confident in my decisions	I am filled with inner peace and tranquility
I am deserving of success and abundance	I am healthy and vibrant	I am patient and understanding
I am proud of myself and my accomplishments	I am worthy of forgiveness and grace	I am surrounded by positive energy
I am filled with gratitude and appreciation	I am capable of achieving my dreams	I am grateful for the lessons life has taught me
I am confident in my abilities to create my own destiny	I am grateful for the people who make my life better	I am capable of achieving anything I set my mind to
I am strong and resilient in the face of adversity	I am filled with gratitude and appreciation for my life	I am worthy of all the good things in life
I am surrounded by love and support	I am deserving of respect and kindness	I am capable of creating my own reality
I am deserving of all the blessings in my life	I am grateful for the beauty of the world around me	I am filled with hope and optimism
I am confident in my abilities to make a positive impact on the world	I choose to focus on hope and positivity in my life	Every day is a new opportunity to create the life I want
I have the power to make a positive change in my life	I trust the journey and the lessons that come with it	My past does not define me, I am capable of creating a bright future
I am confident in my abilities and trust in my decisions	I choose to let go of fear and embrace hope	I choose to focus on the good in life and let go of the negativity

Appendix B - Encouraging Bible Affirmations

<p>We have this hope as an anchor for the soul, firm and secure - Hebrews 6:19</p>	<p>Blessed are those who have not seen & yet have believed - John 20:29</p>
<p>Trust the Lord with all your heart - Proverbs 3:5</p>	<p>The Lord is good to those whose hope is in Him, to the one who seeks Him - Lamentations 3:25</p>
<p>Nothing in all creation can separate us from God's love for us in Christ Jesus our Lord - Romans 8:39</p>	<p>Live a life of love - Ephesians 5:2</p>
<p>Be joyful in hope, patient in affliction, faithful in prayer - Romans 12:12</p>	<p>Faith is far more precious than gold - 1 Peter 1:7</p>
<p>Be on your guard; stand firm in the faith; be courageous; be strong - 1 Corinthians 16:15</p>	<p>Faith is the substance of things hoped for and the evidence of things not seen. - Hebrews 11:1</p>
<p>Give thanks to the Lord, for He is good, His love endures forever. - Psalms 118:29</p>	<p>All things are possible for one who believes - Mark 9:23</p>
<p>Those who hope in the Lord will renew their strength - Isaiah 40:31</p>	<p>Love never fails - 1 Corinthians 13:8</p>
<p>Commit everything you do to the Lord. Trust Him, and He will help you - Psalms 37:5</p>	<p>My help comes from the Lord, the maker of heaven and earth. Psalms 121:2</p>
<p>Be strong & take heart, all you who hope in the Lord - Psalms 31:24</p>	<p>Whoever believes in the Son has eternal life - John 3:36</p>

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Blessed are those whose hope is in the Lord their God - Psalms 146:5	Hope in the Lord! For with the Lord there is steadfast love. - Psalms 130:7
Love the Lord your God with all your heart & with all your strength & with all your soul - Deuteronomy 6:5	I have fought the good fight, I have finished the race, I have kept the faith. - 2 Timothy 4:7
By grace you have been saved - Ephesians 2:8	Love your neighbor as yourself - love yourself as your neighbor. Leviticus 19:18
The Lord's delight is in those who put their hope in His unfailing love. -Psalms 147:11	I can do everything through Christ who gives me strength - Philippians 4:13
May the God of hope fill you with joy & peace - Romans 15:13	As we live in God, our love grows more perfect - 1 John 4:17
Lord, your unfailing love is better than life itself; How I praise you! - Psalms 63:3	God is love -1 John 4:8
I have loved you with an everlasting love, I have drawn you with unfailing kindness - Jeremiah 31:3	I will sing on the Lord's great love forever. - Psalms 89:1
With God all things are possible. - Matthew 19:26	God's love and kindness will shine upon us like the sun that rises in the sky. - Luke 1:78

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<p>Love always protects, always trusts, always hopes, always perseveres.</p> <p>1 Corinthians 13:7</p>	<p>As for me, I will always have hope. I will praise you more and more.</p> <p>- Psalms 71:14</p>
<p>Don't be afraid; just believe.</p> <p>- Mark 5:36</p>	<p>Put your hope in the Lord, travel steadily along His path.</p> <p>- Psalms 37:34</p>
<p>May you be filled with joy and peace through your trust in the God of hope, so that you may have an abundance of hope through the Holy Spirit's power.</p> <p>- Romans 15:13</p>	<p>Those who place their trust in the Lord will be given new strength. They will fly like eagles, run without getting tired, and walk without becoming weak.</p> <p>- Isaiah 40:31</p>
<p>The writings of the past were intended to teach us, so that by enduring and finding encouragement in them, we may have hope.</p> <p>- Romans 15:4</p>	<p>The person who endures trials and passes the test will be rewarded with the crown of life that the Lord has promised to those who love him.</p> <p>-James 1:12</p>
<p>Furthermore, we take pride in enduring hardship, for it leads to the development of perseverance, which in turn builds character, and ultimately cultivates hope.</p> <p>-Romans 5:3-4</p>	<p>May you be empowered with all strength according to His glorious might, enabling you to possess great endurance and patience.</p> <p>-Colossians 1:11</p>
<p>You need to persevere so that when you have done the will of God, you will receive what he has promised.</p> <p>-Hebrews 10:36</p>	<p>Are you aware that in a race, all runners participate, yet only one wins the prize? Therefore, run with the intention of winning the prize.</p> <p>- 1 Corinthians 9:24</p>
<p>The Lord declares that He has plans for you, plans to bring you prosperity and hope, not harm, and a bright future.</p> <p>-Jeremiah 29:11</p>	<p>Stand firm, and you will win life.</p> <p>- Luke 21:19</p>
<p>Do not throw away your confidence, which has a great reward.</p> <p>- Hebrews 10:35</p>	<p>Take heart and be brave. Don't give in to fear or terror because of them, as the Lord your God is with you always and will never abandon you.</p> <p>- Deuteronomy 31:6</p>