

Identity Statements Workbook

G Module • Grounded

Helping you release old labels and rebuild your identity in Christ.

Use this worksheet to identify old labels you have been carrying, replace them with Scripture-rooted truth, and begin forming identity statements that align with who God says you are.

1 Old Labels I've Been Carrying

Write 3 old labels, lies, or identities you need to release.

1. _____
2. _____
3. _____

2 What God Says About Me

List 3 biblical truths about who you are in Christ.

1. _____
2. _____
3. _____

3 Scripture Truths

Write 1-2 Scriptures that anchor your identity.

4 My New Identity Statement

Complete this statement: In Christ, I am...

5 Grounded Declaration

I no longer belong to confusion, chaos, fear, or survival.

I belong to Christ. My mind is being renewed.

My life is being rebuilt intentionally. I am grounded.