

# Students Empowered

## Empowered Truth

Students Copy

**Key:** *Put into practice the things that you know are right.*

**Teaching:** *How do you know someone shouldn't steal, lie, hurt someone, etc.? IE: How did you feel when someone stole from you? You know not to do it by how it makes you feel when it happened to you. If I feel violated when it happened to me then I shouldn't do it to them.*

**Principle:** *Do to others what you want done to you.*

**Action:** *Change your ways to do what is right. Choose to be kind. This may be different than what others choose.*

**Be:** *Stand for what is right and be yourself.*

1. Let it Go - Forgiveness is letting hurts go every day:
2. I will let go of my worries, fears and hurts every day:
3. Let your cares go daily, so that you can be happy:
4. I choose calm:
5. Life hurts:
6. Bad / Negative thoughts:
7. Helping others:
8. Talking to a safe person:
9. Read, create, do or listen to happy things that help you feel better:
10. Nothing is too hard:
11. Good Sleep:
12. Protected:
13. Joy:
14. Good Things:
15. Purpose:
16. Find the good, use your shield to stop the bad:
17. Good Friends:
18. Telling the truth:
19. Obeying your parent's:

## Positive Statements

Student Copy

What I say about my self is important. Say these out loud every day.

When you have a negative or bad thought about yourself find a positive replacement for it in this list and say it several times a day. Why? To remind yourself how unique and wonderfully made you are!

1. I am an amazing child.
2. I am beautiful on the inside and out.
3. I am a friend to those that are nice / respect me for who I am.
4. I am wanted.
5. I choose to let it go. I am not made to carry my hurts or those of others.
6. I am calm.
7. I am able to do all things I believe I can do.
8. I am safe when I am \_\_\_\_\_.
9. I am cared for by \_\_\_\_\_.
10. I am protected when I use my armor. I use my armor to \_\_\_\_\_.
11. I am loved.
12. I am hopeful.
13. I am joyful.
14. I am confident.
15. I am fulfilled.
16. I am free from all fear.
17. I am an overcomer.
18. I am a treasure.

**You are PRICELESS! Nothing can compare to your worth!**

## Speak life over and into your children.

Students Copy

The power of life or hurt is in what is spoken.

Start speaking these identity statements over your child, in your quiet time. Put your child's name in the blank below and speak these out loud. Don't let the negative things from others or your child steal their identity! You can also use them in the normal everyday conversations you have with your child.

1. \_\_\_\_\_ is an amazing child.
2. \_\_\_\_\_ is beautiful on the inside and out.
3. \_\_\_\_\_ is a kind, thoughtful friend.
4. \_\_\_\_\_ is wanted.
5. \_\_\_\_\_ is free from guilt and shame.
6. \_\_\_\_\_ is calm.
7. \_\_\_\_\_ can learn new things.
8. \_\_\_\_\_ is safe.
9. \_\_\_\_\_ is cared for.
10. \_\_\_\_\_ is protected.
11. \_\_\_\_\_ is loved.
12. \_\_\_\_\_ has a plan and purpose for his/her life.
13. \_\_\_\_\_ is happy.
14. \_\_\_\_\_ is confident.
15. \_\_\_\_\_ is fulfilled.
16. \_\_\_\_\_ can choose safe boundaries.
17. \_\_\_\_\_.
18. \_\_\_\_\_.

**\_\_\_\_\_ is PRICELESS! Nothing can compare to his/her worth!**

## Speak life over and into your children.

Parent/Guardian Copy

The power of life or hurt is in what is spoken.

Start speaking these identity statements over your child, in your quiet time. Put your child's name in the blank below and speak these out loud. Don't let the negative things from others or your child steal their identity!

You can also use them in the normal everyday conversations you have with your child.

1. \_\_\_\_\_ is an amazing child.
2. \_\_\_\_\_ is beautiful on the inside and out.
3. \_\_\_\_\_ is a kind, thoughtful friend.
4. \_\_\_\_\_ is wanted.
5. \_\_\_\_\_ is free from guilt and shame.
6. \_\_\_\_\_ is calm.
7. \_\_\_\_\_ can learn new things.
8. \_\_\_\_\_ is safe.
9. \_\_\_\_\_ is cared for.
10. \_\_\_\_\_ is protected.
11. \_\_\_\_\_ is loved.
12. \_\_\_\_\_ has a plan and purpose for his/her life.
13. \_\_\_\_\_ is happy.
14. \_\_\_\_\_ is confident.
15. \_\_\_\_\_ is fulfilled.
16. \_\_\_\_\_ can choose safe boundaries.
17. \_\_\_\_\_.
18. \_\_\_\_\_.

**\_\_\_\_\_ is PRICELESS! Nothing can compare to his/her worth!**

# Virtues

Virtue is the quality of being morally good or righteous: choosing to do the right things. They help you see love in action in your life.

Where, through who, when, or how have you experienced the virtues?

Love \_\_\_\_\_

Joy \_\_\_\_\_

Peace \_\_\_\_\_

Patience \_\_\_\_\_

Kindness \_\_\_\_\_

Goodness \_\_\_\_\_

Faithfulness \_\_\_\_\_

Gentleness \_\_\_\_\_

Self-Control \_\_\_\_\_

Keep these treasures and evidence of love in your life and in your heart.

Remind yourself of these things by keeping them in your Treasure Book for future reference.

## Don't Stress - Change Your thinking From Heaviness and Hurt to Goodness and Joy!

Children think about what is:

(write your life examples on the lines then think about putting this in your Treasure Journal)

- **Good :** \_\_\_\_\_  
\_\_\_\_\_
- **Worthy of Praise:** (someone or their actions that are deserving approval and admiration)  
\_\_\_\_\_  
\_\_\_\_\_
- **What is true:** (correct or accurate. This is a place where emotions may lie to us.)  
\_\_\_\_\_  
\_\_\_\_\_
- **What is Honorable:** (honest, moral, ethical, principled, righteous in God's perspective)  
\_\_\_\_\_  
\_\_\_\_\_
- **What is Right:** (just, fair, proper, good for you and others) \_\_\_\_\_  
\_\_\_\_\_
- **What is Pure:** (free of any contamination, undiluted, unmixed by worlds views)  
\_\_\_\_\_  
\_\_\_\_\_
- **What is Beautiful:** (of a very high standard; excellent, pleasing to the eye)  
\_\_\_\_\_  
\_\_\_\_\_
- **What is Respected:** (admirable, gentle, gracious) \_\_\_\_\_  
\_\_\_\_\_

If you look up the full definitions to the words used in this worksheet you will find they overlap each other in many ways. There is a point being made here. Focus on what is good and lovely = positive joyful thinking and not on the negativity we find in the news, gossip, depression, etc. These are good virtues. Which help you understand your identity.

Rejoice always. While we grow doesn't it make sense that this is work? It's going to be a process that takes time. Enjoy the road, it's worth it. Others will notice a change in you too.