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Daily Confessions & Affirmations

Dr. Janine Do Cabo is an influential leader, author, coach, and business strategist, dedicated to helping CEOs and entrepreneurs build powerful brands and grow their businesses. She champions INIOTIONAL living, guiding individuals to make purposeful decisions and achieve their goals through her INIOTIONALITY philosophy.

Mark 11:23-24

That If anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

1. I am committed to honesty and integrity in all my professional endeavors. I am guided by a deep sense of purpose, which ignites my passion and empowers me to make eternally-minded choices. (Proverbs 11:3)
2. I have unwavering determination, and relentless pursuit to make in greater impact with my career in the lives of others. I am a destiny helper. (Jeremiah 29:11)
3. My intentions shape my actions, and I choose to act with integrity and purpose. I am guided by love and compassion in my interactions with other at work. (Philippians 4:13)
4. I recognize the power of empathy and strive to understand the struggles of those in my team. I am open to change and growth, knowing that transformation is possible. my passion fuels my purpose, and I channel it intentionally in my career. (Hebrews 10:24)
5. I commit to being a positive influence and a source of inspiration to my colleagues and team. (Galatians 5:22-23)
6. My passion, when harnessed intentionally, leads to meaningful and purposeful work and results. (Ephesians 4:32)
7. INTENTIONALITY in shaping my career journey with purpose and passion. (Proverbs 16:3)
8. I embrace the power of passion to drive me toward my career goals with intention and purpose. It is always about more than myself, it is about the greater impact we make in the lives and careers of those around us.
9. I align my career choices with my passion, power, and purpose. (1 Peter 4:10)
10. I have the power to live and work intentionally everyday, I am guided by wisdom and I acquire knowledge daily. (Proverbs 9:10)



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1. I am in charge of my health, and I choose to prioritize it every day. My body is a temple, and I nourish it with healthy choices and self-care. I am grateful for my body's resilience and its capacity for healing. Every day, I move closer to optimal health and vitality. I confess that my body is a temple of the Holy Spirit. I choose to honor God by caring for my body with healthy choices." (1 Corinthians 6:19-20)
2. My health is a valuable asset, and I commit to taking better care of it. I acknowledge that my actions and choices directly impact my well-being, and I strive to make positive changes. any unhealthy habits that have held me back, I choose to replace them with habits that promote wellness. I confess that God is my healer, and I trust in His ability to restore and renew my health. (Psalm 103:2-3)
3. My body is a vessel capable of receiving healing from God. I embrace the power of positive thinking to support my overall well-being. I choose to release stress and negativity, allowing my body to thrive in order to obtain the purpose set before me. I confess that God provides me with the nourishment I need for a healthy life. (Psalm 104:14-15)
4. I confess that I am the architect of my health. I let go of past mistakes and commit to a future of better choices. I forgive myself and others for any hindrances to my well-being. I am healthy, happy and blessed. I confess that in Christ, I am a new creation, and I choose to leave behind the old and embrace the new. (2 Corinthians 5:17)
5. I am worthy of good health and self-care. I prioritize rest, and sleep, as essential elements of my overall health. I embrace self-compassion and self-love on my health journey. I confess that God grants His beloved rest and peace. I trust in His provision for my well-being. (Psalm 127:2)



Health

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6. I confess any harmful habits that have held me back, whether it's unhealthy eating, wrong behavior, or negative thought patterns. I choose to replace these habits with ones that nurture my body and mind. I confess my sins to God and ask for His forgiveness and strength to overcome harmful habits. (1 John 1:9)
7. I affirm that each day is an opportunity to improve my health. I choose to fill my life with positivity, gratitude, and mindfulness. I welcome healing and wellness into my life. I confess that a joyful heart is good medicine, and I strive to maintain a heart full of gratitude and positivity. (Proverbs 17:22)
8. I affirm that my health journey is a marathon, not a sprint. I celebrate small victories along the way and trust the process. I am patient and persistent in my pursuit of well-being I trust God's timing for my health journey. (Luke 21:19)
9. I confess my gratitude for my body and the many blessings of health. I am mindful of the interconnectedness of my physical, mental, and emotional health. I choose a life of integration and harmony. I confess that every good and perfect gift is from above, and I am grateful for the gift of health. (James 1:17)



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- 1.I confess according to Joshua 24:15 that my household is dedicated to serving the Lord. We affirm that our family is a place of love, faith, and unity, where God's presence is welcomed, and His guidance is our foundation. (Joshua 24:15 NIV)
- 2.I confess that in our family, we trust in the Lord with all our hearts. We affirm that as we seek His wisdom and submit to His ways, He will guide us and make our paths straight. (Proverbs 3:5-6 NIV)
- 3.I confess that unity and harmony reign in our family. We affirm that our love for one another, rooted in God's love, makes our home a good and pleasant place. (Psalm 133:1 NIV)
- 4.I confess that kindness and compassion abound in our family. We affirm that we forgive one another as Christ has forgiven us, fostering a spirit of grace and reconciliation. (Ephesians 4:32 NIV)
- 5.I confess that we bear with each other in love within our family. We affirm that we readily forgive as the Lord forgave us, nurturing a culture of forgiveness and grace. (Colossians 3:13 NIV)
- 6.I confess that we guide our children in the path of righteousness within our family. We affirm that their upbringing sets a foundation for a lifelong journey with God. (Proverbs 22:6 NIV)
- 7.I confess that our children are a heritage from the Lord. We affirm that we raise them to be strong and purposeful, ready to face life's challenges with faith and courage. (Psalm 127:3-4 NIV)
- 8.I confess that my spouse is a source of blessing within our family. We affirm that our children are flourishing and thrive in the love and security of our home. (Psalm 128:3 NIV)
- 9.I confess that we are devoted to one another in love within our family. We affirm that we honor and cherish each other, valuing the well-being and happiness of every family member. (Romans 12:10 NIV)
- 10.I confess that the Lord's love is with us and our future generations within our family. We affirm that we keep His covenant and obey His precepts, securing His blessings for our family's legacy. (Psalm 103:17-18 NIV)



Relationship

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Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

1. I confess that because HE loved me first, I will show Godly love in my relationships I will be patient and kind. I affirm that love does not envy or boast, and it keeps no record of wrongs. Love in my connections always protects, trusts, hopes, and perseveres. (1 Corinthians 13:4-7)
2. I confess that in my relationships, I respond with gentleness. I affirm that my words are kind and calming, diffusing anger and fostering understanding. (Proverbs 15:1)
3. I confess that my relationships are founded on love and support. I affirm that I stand by my friends, family and colleagues through all seasons of life. God gives me the wisdom and knowledge on how to support them in their different seasons of life. (Proverbs 17:17)
4. I confess that love is the binding force in my relationships. I understand the different types of love there is and apply the right type of love to each of my relationships. Boundaries are still very important to me. I affirm that love unites us in perfect unity, enhancing my relationships. My relationships are pure and Holy. (Colossians 3:14)
5. I confess that I approach my relationships with humility, gentleness, and patience. I affirm that I make every effort to maintain unity and peace. All Relationships in life is a gift from God and I am thankful for the people God has placed in my life. (Ephesians 4:2-3)
6. I affirm that I honor and value others above myself. While always placing my relationship with God first. (Romans 12:10)
7. I confess that I strive to be a peacemaker in my relationships. I affirm that I reflect the heart of God in bringing peace and reconciliation. (Matthew 5:9)
8. I confess that my relationships sharpen and uplift the people around me and also myself. I affirm that I grow and evolve together with the people God has placed in my life. Together we encourage personal and spiritual growth. (Proverbs 27:17)
9. I confess that deep friendship permeates my relationships. I affirm that these friendships cover over mistakes, fostering forgiveness and grace. (1 Peter 4:8)
10. I confess that my relationships are strong, with God at the centre. I affirm that this divine bond makes my Godly relationships unbreakable, and therefore we can face life's challenges together. (Ecclesiastes 4:12)



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Professional & Personal

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1. I confess that my goals are well-defined and achievable. I affirm that I have the determination and skills needed to turn my dreams into reality. I affirm that with God's strength, I can achieve all my goals. (Philippians 4:13 NIV)
2. I confess that I am committed to continuous learning and growth. I affirm that I embrace new knowledge and experiences that propel me toward my goals. I affirm that God's plans for me are for good, and I trust in His guidance. (Jeremiah 29:11 NIV)
3. I confess that I am resilient in the face of challenges. I affirm that setbacks are opportunities for growth, and I use them to my advantage. I affirm that I am fearfully and wonderfully made by God, and I embrace self-care. (Psalm 139:14 NIV)
4. I confess that I prioritize self-care and well-being. I affirm that a healthy body and mind are the foundation for achieving my goals. I affirm that I conduct myself with integrity and kindness in both my professional and personal relationships. (Colossians 3:23 NIV)
5. I confess that I am open to collaboration and support. I affirm that I surround myself with positive influences that uplift and motivate me. I affirm that I strive for harmony and unity, not only in my personal life but also in my professional endeavors. (Psalm 133:1 NIV)
6. I confess that I am organized and focused. I affirm that I manage my time effectively, ensuring that each day brings me closer to my goals. I affirm that I trust in the Lord's guidance and seek His wisdom in all my endeavors. (Proverbs 3:5-6 NIV)
7. I confess that I celebrate my achievements along the way. I affirm that acknowledging progress fuels my determination to reach even greater heights. I decree that my strength and courage come from the Lord, and I am not easily discouraged. (Psalm 27:1 NIV)
8. I confess that I visualize my success daily. I affirm that this mental clarity and focus manifest my goals into reality. I affirm that I am patient and persistent, trusting in God's timing for my goals. (Galatians 6:9 NIV)
9. I confess that setbacks do not define me. I affirm that I learn, adapt, and continue to strive for excellence. I affirm that I am patient and persistent in pursuing both my personal and professional goals, trusting in God's timing for my achievements. (Habakkuk 2:3 NIV)
10. I confess that my goals align with my values and purpose. I affirm that as I pursue my dreams with intention, I lead a fulfilling and purpose-driven life. I affirm that I seek God's kingdom and His righteousness first, and all things will be added unto me. (Matthew 6:33 NIV)



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- 1.I declare that prosperity is within my reach. I affirm that I am equipped with creativity, diligence, and the acumen necessary for financial success. I am a good stewardship and I work diligently with my finances according to Proverbs 13:4.
- 2.I confess that generosity is my nature. I affirm that sharing my wealth is not just a duty, but a joy. As I give, so shall I receive, abundantly and without measure according to 2 Corinthians 9:6-7.
- 3.I acknowledge that my financial plans are crafted with wisdom and prudence. I affirm that with sound counsel and foresight, my assets and resources will grow according to Proverbs 21:5.
- 4.I confess that I am debt-free. I affirm that I live within my means and am disciplined in my spending and saving accruing to Romans 13:8.
- 5.I declare that my work is fulfilling and profitable. I affirm that my labor is not in vain and it brings financial blessings to my life. This is rooted in the principle of meaningful work, which is emphasized in Ecclesiastes 5:19.
- 6.I affirm that integrity is at the forefront of all my financial dealings. I am honest and trustworthy in my transactions, reflecting the principle of integrity. This is a principle you can find reflected in Proverbs 22:1.
- 7.I decree that I am resilient in economic adversity. I affirm that challenges are but stepping stones to greater financial wisdom and success. This draws from the principle of perseverance in James 1:2-4.
- 8.I confess that I am a wise investor. I affirm that I seek knowledge and understanding before committing my resources, ensuring they yield positive returns according to Ecclesiastes 11:2.
- 9.I declare that my financial future is secure. I affirm that through wise stewardship and divine guidance, I am building a legacy that will last. I stand on this biblical principle of legacy and inheritance, outlined in Proverbs 13:22.



Legacy Affirmations

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Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

1. I affirm that I am a cycle breaker. Generational setbacks do not define my destiny or my family's future. I am the architect of a new, empowered legacy. This affirmation encourages us to be the change, inspired by the transformation promised in 2 Corinthians 5:17.
2. I declare that my actions create a path of prosperity and wisdom for those who follow. I am planting seeds for a harvest my family will reap for generations. This mirrors the principle of sowing and reaping, in Galatians 6:7.
3. I confess that I build with eternity in mind. My endeavors are not for the fleeting moment but for lasting impact, according to Colossians 3:23.
4. I acknowledge that my daily choices are the blueprint for my family's tomorrow. I choose life and I choose wisely, understanding the power of my decisions, as encouraged in Deuteronomy 30:19.
5. I affirm that my life is a testament to resilience. The challenges I overcome today pave the way for a resilient lineage, embodying the strength shown in Philippians 4:13.
6. I declare that my legacy is not just in wealth but in character. I lead by example, showcasing integrity and love as my greatest assets, in line with 1 Corinthians 13:13.
7. I am a beacon of hope and a builder of futures. My vision extends beyond the horizon, setting a foundation of faith and courage, inspired by Hebrews 11:1.
8. I affirm that my work is a service to others and to a greater purpose. I am dedicated to creating value that blesses those around me, drawing from the principle in Matthew 23:11.
9. I confess that my investments are not just financial but spiritual and emotional. I invest in relationships, in learning, and in love, as these yield the truest returns, as suggested in Matthew 6:20.
10. I decree that my family's story is one of triumph and grace. We rise above past limitations, and we soar on wings like eagles, as found in Isaiah 40:31.



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Protection

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1. I affirm that I am surrounded with a supernatural shield of protection that guards my life and my loved ones, ensuring our safety and well-being. This is an assurance we see mirrored in the principle of divine protection in Psalm 91:1-4
2. I declare that every aspect of my life is under supernatural surveillance, which secures my steps and my future. I lean on, trust in, and am confident in the Lord with all my heart and mind and I do not rely on my own insight or understanding as in Proverbs 3:5.
3. I confess that my relationships are secure and my conversation is sealed with the blood of Jesus. I have extraordinary wisdom and understanding, protecting me from discord and strengthening unity in my relationships according to Proverbs 2:6-7.
4. I acknowledge that my assets and finances are blessed with an extraordinary increase and preservation, shielding them from loss and decay. This stands on the power principle of supernatural provision and protection in Malachi 3:10.
5. I decree that my endeavors are marked with signs of extraordinary success and protection, far beyond natural expectations or limitations. This is the manifestation of divine favor in our work and aspirations in Deuteronomy 28:12
6. I proclaim that in all areas of my life, an extraordinary peace prevails, dispelling fear and anxiety, and establishing peace that surpasses understanding according to Philippians 4:6-7
7. I affirm that my path is illuminated with extraordinary clarity, leading me away from the snares and towards a path of righteousness and success as in Psalm 119:105. You Guard my ways Lord, you protect me from all sides.
8. I confess that my home is a sanctuary of extraordinary love and protection, a place where the sacred is cherished and the secular cannot harm as in Joshua 24:15.
9. I declare that my influence extends with extraordinary impact, enabling me to uplift, heal, and bring restoration wherever I go and I am safe when I am in the will of God for my life according to Matthew 5:14-16.
10. I affirm that my life is a testament to extraordinary works, where the impossible becomes possible, and the natural gives way to the supernatural. I declare that nothing is impossible for me according to Mark 9:23.



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Open Doors of Opportunity

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- 1.I affirm that I am stepping into unprecedented opportunities that broaden my horizons and elevate my impact. (Revelation 3:8).
- 2.I declare that wisdom leads me to doors of breakthrough and success, guiding me into realms of greater achievement. This is based on the promise of wisdom leading to prosperity and favor. (James 1:5).
- 3.I confess that my words and actions align with the surge of supernatural breakthroughs coming my way. This draws from the principle of alignment with divine will. (Isaiah 55:11).
- 4.I acknowledge that every step I take is orchestrated towards openings that propel me into my destiny. This is inspired by the guidance of providence (Proverbs 16:9).
- 5.I decree that new doors of creativity and innovation are flung wide open for me. This mirrors the principle of creative power and divine inspiration (Job 32:8).
- 6.I proclaim that relationships leading to transformative opportunities are forming in my life. This belief is founded on the principle of divine connections.(Proverbs 18:16).
- 7.I affirm that my endeavors are marked with the signature of supernatural ease and excellence. This conviction is based on the blessing of God making our paths straight and successful (Psalm 90:17).
- 8.I confess that the doors I walk through lead to lasting and meaningful influence. This is an echo of the call to a purpose-driven life (Ephesians 2:10).
- 9.I declare that every closed door is a redirection to a divine and greater door of opportunity. This reflects the belief in divine orchestration for our benefit. (Romans 8:28).
- 10.I affirm that my journey is punctuated with miraculous encounters and divine appointments. This is in line with the expectation of a life filled with God-ordained moments (Acts 17:26).



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Intimacy with God

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1. I affirm that my heart is open to the divine presence of God, and each day I am drawn closer to the heart of the Father according to James 4:8.
2. I declare that my moments of prayer are conversations filled with depth and honesty, fostering a stronger bond with my Father in Heaven. This draws from the practice of earnest prayer as in Jeremiah 29:12.
3. I confess that in the stillness of me meditating on the Word of God I am receptive to the whispers of wisdom and the comforts of the Holy Spirit as in Psalm 1:2.
4. I acknowledge that every scripture I read is a letter of love and guidance to me, personal and alive, deepening my understanding. This reflects the living and active nature of the Word of God in Action as it is written in Hebrews 4:12.
5. I decree that my worship is a sweet fragrance, an intimate expression of my gratitude and adoration for my loving Heavenly Father. (John 4:24).
6. I proclaim that my acts of kindness and service are extensions of my love for God, I do all things unto God. (Matthew 25:40).
7. I affirm that the presence of God is my comfort in times of solitude, my companion in moments of silence. (Deuteronomy 31:6).
8. I confess that my spiritual journey is one of continuous growth, embracing both the peaks and valleys with faith. (Philippians 3:13-14).
9. I declare that the mysteries of God are unfolded to me as I pursue my relationship with God with reverence, awe and the fear of God. (Proverbs 25:2).
10. I affirm that my life is an ongoing dialogue with God, where my joys and sorrows are shared and understood. This is in line with the concept of a personal relationship with God. (1 Peter 5:7).



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Let's talk success

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