

Believe

Quote

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy. Norman Vincent Peale

<http://www.brainyquote.com/quotes/keywords/believe.html>

Bible Verse

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. Phil. 4:12-13

Inspiration

I believe

<http://www.youtube.com/watch?v=-j7wvtOi1s>

Journaling

We can look at Believe in two different ways. You can choose to journal on one or both today.

Believe in yourself

In which areas of your life do you have faith in your abilities? In which areas do you struggle?

Beliefs

Everyone believes in something. What do you believe in? What do you put your confidence in?

Technique Challenge

Doodle with colour on your page today. You can find a fabulous example in the frame on Valerie's page here: <http://visualblessings.blogspot.co.uk/2012/11/gratitude-note-to-self-keep-main-thing.html>

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