

RISE ABOVE YOUR PAST AFFIRMATION



A 30-Day Affirmation to help
you overcome the mistakes,
pain and hurt of your past.

**JOLA-GRACE
EMMANUEL**

The whole world was created by WORDS, there is power in your words, backing up the knowledge that you have gained from the main book and the practical steps you have taken from the workbook seals your journey to rising above your past.

Use these affirmations as a daily pill; say out loud the affirmation for each day at the beginning of each day and at intervals during the day. Also meditate on it throughout the day.

See you at the TOP.

Jola-Grace Emmanuel

Day 1

*My past happened to me,
but I am not my past. My
mistake doesn't define me.
My identity is in my
Creator.*

I am a MASTERPIECE



Day 2

I am rising up from stagnation and moving into my purpose.

There is greatness ahead of me, my best days are not behind me; they are ahead of me.

I am UNSTOPPABLE



Day 3

My past did not happen to me because God doesn't love me. God thinks about me lovingly. I am the apple of His eye. Everything is working out for my good.

I am the BELOVED



Day 4

Yesterday is my past, I am better than my yesterday; it's a new season for me. I unwrap the gift of the today and I am getting the best out of it.

I am PROGRESSING



Day 5

Even though my past happened to me; I refuse for my past to keep happening to me. I declare that my past is gone and my new beginning is here.

I am a WINNER



Day 6

My past is a teacher, I elicit lessons from my past and rise above it. I will not be burdened by the guilt of my past. I exhale every form of shame and guilt. My past has made me stronger and wiser.

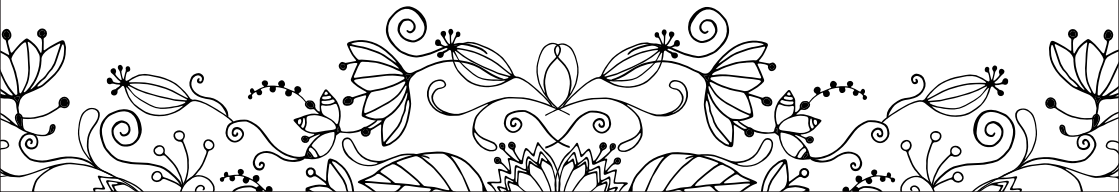
I am TENACIOUS



Day 7

Making a mistake doesn't make me unworthy of joy and happiness. The mistake of my past is not unique to me; the mistake of my past makes me human. I am deserving of joy, I am deserving of happiness, I am deserving of good things.

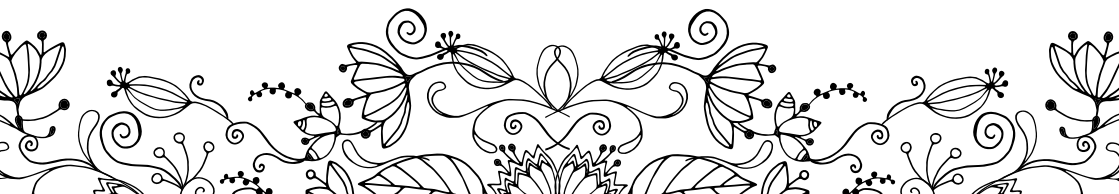
I am WORTHY



Day 8

I might have lost some things in my past, but I have not lost everything. I still have some things working for me. I am alive and well, therefore I choose to focus on what I have.

I am THANKFUL.



Day 9

I am lifted above every obstacle from my past, everything is realigning in my favour. Grace is released to wipe away every form of disgrace and shame.

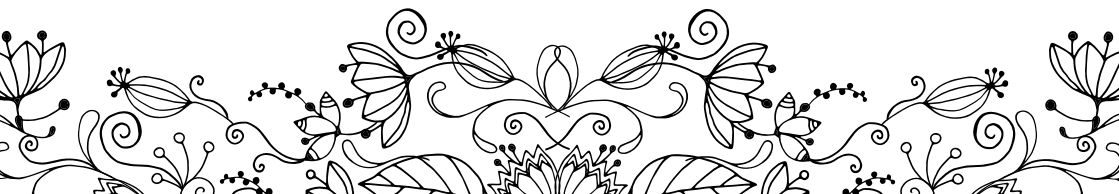
I am a VICTOR



Day 10

I refuse to be stuck with the ignorance of my past, I am witty and intelligence. I unlearn all disempowering behaviour. I move from negativity to positivity.

***I am BOLD and
CONFIDENT.***



Day 11

My actions create opportunities that bring abundance. I am guided and led by God. My path shines brighter and brighter every day.

I am SPECIAL



Day 12

I am committed to self development, I grow daily. I renew my mind with positivity and focus on the great future ahead of me.

I have a SOUND MIND



Day 13

I am conscious of the thoughts I allow to dwell in my mind. I have the mind of Christ, therefore I am in control of my thoughts and I use my thoughts to produce positive results in my life.

I am INTELLIGENT



Day 14

I align myself to my destiny helpers, everyone that has been orchestrated to help me fulfil destiny thinks about me with favour, love and grace. I am helped and I am accepted.

I am LOVED.



Day 15

Any relationship that I am currently in that is detrimental to my destiny is hereby annulled. I only align to relationships that matter to my destiny.

I am DISCERNING



Day 16

I align myself to divine purpose. I declare that my past cannot truncate my divine purpose. I am walking in purpose; I give value everywhere I go. People are blessed on account of my life.

I am a VALUE-CARRIER



Day 17

My past has not reduced my value. I might have been through a tough and a rough path, but my value remains intact. I am a conduit of value. My world benefits from the unique grace that I carry.

I am PHENOMENAL



Day 18

*My future is secure in God,
my hands are guarded with
strength and dignity, I have
capacity to fulfil my purpose.
I advance and increase on all
sides.*

I am STRONG



Day 19

I am self-disciplined, I pay attention to details, I am witty and full of awesome inventions. I have the mind of Christ.

I am WISE.



Day 20

I am comforted; I am healed from the pain of my past. I exhale bitterness and unforgiveness. I am free from the pain of my past.

I am WHOLE



Day 21

I am a co-creator with God; I align myself to Heaven's agenda. Light shines on my path, grace and favour works together to me bring the good of this land to me. I am RISING and SHINING, my light attracts kings and queens to me.

I am a TRAILBLAZER.



Day 22

I am fearfully and wonderfully made. I love my physical features. God created me in His own image, I am therefore the best me I can ever be. I am original and authentic.

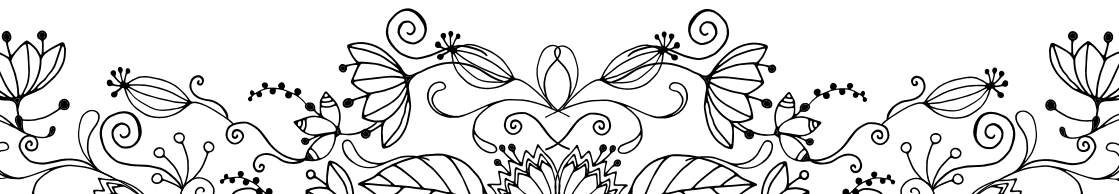
I am BEAUTIFUL.



Day 23

I am released to prosper and live in abundance; I recover all I have lost in the past in multiple folds. I am blessed beyond a curse. I am free to prosper and abound in all good things.

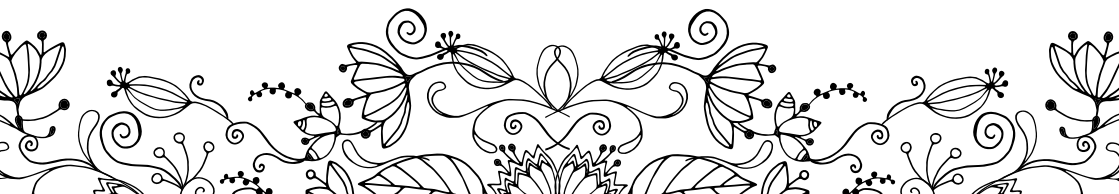
I am WEALTHY



Day 24

I am advancing, I have access; doors are opening up for me, and the gates of cities are opening up to me. I am clothed with garments of honour and favour. Men seek me out to favour me.

I am POWERFUL



Day 25

Great Grace is working for me. Grace open doors unto me. Grace marks me out for greatness. Grace establishes and settles me.

I am INVINCIBLE



Day 26

Today is a 'PRESENT' presented to me by God; I therefore cease to wallow in my past. I embrace the GIFT OF TODAY. I am no longer absent;

I am PRESENT IN MY PRESENT.



Day 27

The God of peace sanctifies my spirit, soul and body. I am whole and complete. I am at peace with my past, I am grateful for my present and I am excited about my future. The peace of God envelops my mind.

I am CHERISHED.



Day 28

The abuse and trauma of my past is not my fault; I exhale every form of guilt and shame. I am not the abused, I am not the traumatized. I am FREE and empowered to be all God has destined for me to be.

I am AMAZING



Day 29

Joy is my default mode. I draw joy from the wells of salvation. Nothing can steal my joy. My joy is founded in my identity in God.

I am JOYFUL.



Day 30

I am destined for the TOP. I am a TRANSFORMATIVE agent.

I exude OUTSTANDING results.

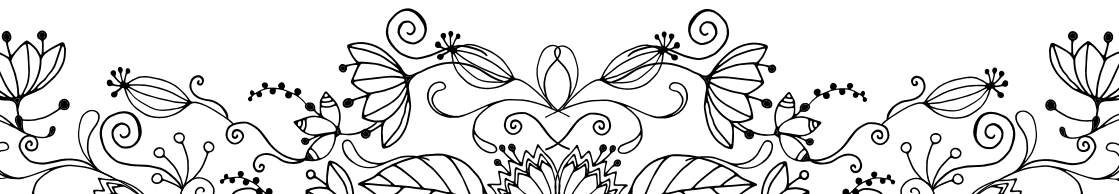
I am daily PROGRESSING.

I have RISEN ABOVE MY PAST AND I CONTINUE TO SOAR.



Get other versions of this book on
Amazon or www.coachjolagraces.com

1. Rise Above Your Past
2. Rise Above Your Past Workbook





ABOUT THE AUTHOR

Jola-Grace Emmanuel is the SOUL DOCTOR. She helps trauma victims, the broken, emotionally wounded, and abused to heal and reinvent themselves for an excellent life.

Even though she had her first degree in Accountancy and her second degree in Financial Decision Analysis, Jola-Grace is passionate about the HEALTH and HEALING of the SOUL.

She is a Mental Health Advocate; a certified Life and Trauma Recovery Coach, a Cognitive Behavioural Therapist, an associate member of the European Mentoring and coaching Council, a Counsellor, a Neuro Linguistic Programming Therapist, an Emotional Freedom Technique & Matrix Reimprinting Therapist with over 15 years experience in public speaking.

She launched the Belle Initiative and Belle Magazine in 2015 and also produced and hosted a weekly talk show on DSTV that was aimed at helping women harness their inner and outer beauty. Jola-Grace went through many years of domestic violence and abuse and has now reinvented herself from a place of pain, low self-esteem, depression and suicide ideation to a place of confidence, wholeness, fearlessness and PURPOSE.

She has helped many to heal and recover from traumatic experiences, understand interpersonal relationship dynamics, feel good about themselves, develop healthy self-esteem, regain their self-confidence and self-worth and REINVENT themselves for an excellent life after Trauma through one on one therapy and coaching sessions, group therapy sessions, group training, masterclasses, bootcamps and public speaking.

For enquiries about coaching, therapy or speaking engagement, please visit; www.coachjolagraces.com