

# Connecting to the Warrior Within



Soul affirmations with a twist to help  
you connect to your inner truth

Peggy Oliveira, MSW

So often, when I ask people to identify something that makes them worthy, it's often around who they are or what they do for other people. This is true for me too.

The problem with this is, if we attach our worthiness to how we show up for others, we are then only worthy as long as we can give to someone else.



If you believe you're generous, what happens when you have nothing to give? Does it mean you're no longer worthy? If you believe loyalty makes you worthy, what happens when someone betrays you?

If your worthiness is tied to sticking with or being there for someone it can be really difficult to sever that relationship.

If you believe the incredible support you provide to others makes you worthy, what happens when you're going through a really difficult time and you need to focus on your own well being?

All these things, and many others, can be part of what make you a generous, loyal, supportive, and an overall beautiful human being... someone we would love having in our lives. But, they are not what make you worthy.

You are worthy because you are here. Because the world shines brighter with you in it. Because just to be near you someone knows they are not alone. These are just a few examples. There are many, many more. Repeat after me... "I am worthy because..."

Close your eyes, take a breath and lean into what feels like it could be real for you. Maybe it's one of the things I said above. Feel free to come up with your own. Just make sure it's not dependent on what you do or who you are for someone else. <3



If you're like most people who've struggled with the impact of abuse or unworthiness, I'm guessing resilient is not the first word you would use to describe yourself.

Likely not the second or even tenth. Though if you're reading this and you experienced any adversity in your early life, it's absolutely a part of you.

Resilience is about your capacity to withstand difficulty. Your ability to make it through and recover.

You wouldn't be where you are today if resilience wasn't part of your DNA. Being resilient isn't about not struggling. It's about struggling and continuing to put one foot in front of the other.

Identifying your resilience can help you recognize that no matter how hard the journey is, whatever struggles may remain, you've got this. You have the capacity to weather any storm that has already come or may come your way.

Repeat after me, " I am resilient because..."

Reflect on all the ways your strength has been called upon. Sometimes in really difficult or more obvious situations. And sometimes when you might not even think strength was required.

Repeat after me, "I know I am strong because..."

Think of a time when, as you recall it, you connect to the truth of your strength. If you're having difficulty, think of something you see in others as strength that you have done too.



Seeing your own courage can be difficult. We often tell ourselves if I were really courageous I wouldn't be afraid or I would do this or that thing.

The truth is, if it doesn't scare you, feel like a risk, or make you feel vulnerable then whatever it is doesn't really require courage.

We discover our courage when we feel afraid... then we do it anyway. We go on to face another day. We speak our truth. We share our fears and desires.

I am Courageous because... There are SO many examples of your courage.

Take a moment, or several ;), and declare your courage.



Believing you are enough can be hard because it's so easy to look at all the things we think we fall short in. Things we could do better. Our challenges.

We are human, which means we are perfectly imperfect. No one can ever not fall short at times. Or always do things perfectly. Not have challenges. Or let someone down.

So, a way to see... and believe in your "enoughness" is to think about people you know. People who you know struggle, have made mistakes, could have done something better, maybe even let someone down, AND you still value, respect, or love them.

See that they can be imperfect and maybe even have some things they really could work on but you (and likely others) see in them qualities and characteristics you value.

Repeat after me... "I am enough because...". Or maybe even "I am MORE than enough because...". ;)

Connect with the qualities, characteristics, strengths, values, accomplishments that make you way more than enough.

Affirmations can be a powerful healing tool when we are able to see... to feel, the truth in them.

I hope you continue to use this practice with any belief you'd like to believe in your soul.

Thank you for reading.

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