



THE ULTIMATE SOURCE™

Discover. Align. Become.

BELONGING STARTS WITH YOU ♥

Reflect. Receive. Connect. Grow.

You were designed for connection. True belonging begins with how you value yourself and extends to how you love others and build life-giving community.



JOURNAL: REFLECT & GROW

- ♥ What does belonging mean to me?

- 👤 Where in my life do I feel most connected and accepted?

- ★ Where do I feel unseen, unvalued, or like I don't belong?

- 🌱 What beliefs or past experiences may be blocking me from fully receiving belonging?

- ♥ What is one way I can create belonging for myself or someone else this week?

- ☀️ Affirmation: I am known. I am loved. I belong. I am enough.



Belonging
is both
given and
grown.

You can build it.
You can feel it.
You belong.



LISTENING PRAYER

Take a moment to quiet your heart and listen for God's voice. He desires relationship with you.

INVITE GOD INTO THIS SPACE

Lord, I open my heart to You.
Help me feel Your love and belonging.
Show me the ways You see me,
know me, and call me Yours.



WHAT IS GOD SAYING TO YOU?

Write what comes to mind—words, images, or impressions.

THE 12 LIFE AREAS: HOW THEY HELP BUILD BELONGING (AND HELP YOU RECEIVE IT)



WEEKLY INTENTION

My intention this week to build and receive belonging:

People I will reach out to or spend intentional time with:



ACTS THAT BUILD BELONGING

- ☐ Listen with care
- ☐ Speak life
- ☐ Be present
- ☐ Show kindness
- ☐ Offer help
- ☐ Celebrate others
- ☐ Create safe spaces
- ☐ Forgive & extend grace

Love builds. Connection heals.
You were made for this.



TODAY I CHOOSE TO...

- ☐ Receive love and acceptance
- ☐ Let others in
- ☐ Release the need to be perfect
- ☐ Trust that I am enough
- ☐ Belong—to God, to others, and to me

Today I am grateful for: _____

I am loved. I am valued. I belong.



Belonging is God's design. You were created to connect.
You matter. You are needed. You belong.

You belong. ♥

When people truly know they belong,
healing becomes possible.