



*SELF-LOVE
EXPANSION*
workbook



The Self-Love Expansion Workbook

A Deep Dive into Self-Worth, Boundaries, and Personal Power

This workbook is designed to guide you through a transformative journey of self-love. By diving deep into self-worth, boundaries, and personal power, you will cultivate a strong foundation of love, confidence, and self-respect. Take your time with each section, allowing space for reflection, healing, and growth.

Self-Love Expansion Exercises

1. ****Defining Self-Worth**** - What does self-worth mean to you? How do you measure your own worth?
2. ****Identifying Limiting Beliefs**** - Write down any beliefs that have made you doubt your value.
3. ****Rewriting the Narrative**** - Transform those limiting beliefs into empowering truths.
4. ****Exploring Personal Boundaries**** - What boundaries do you struggle to maintain? Why?
5. ****Setting Healthy Boundaries**** - Write down three boundaries you need to establish and how you will honor them.
6. ****Releasing People-Pleasing**** - Reflect on moments where you prioritized others over yourself. How can you shift this pattern?

7. ****Owning Your Personal Power**** - List five ways you can step into your power today.
8. ****Self-Compassion Practice**** - Write a letter of kindness to yourself as if speaking to a dear friend.
9. ****Daily Acts of Self-Love**** - Identify small, daily actions that nourish your mind, body, and soul.
10. ****Embodying Confidence**** - How would your most confident self show up in the world? Describe in detail.

Final Thoughts

Expanding into self-love is a lifelong journey of honoring your worth, respecting your boundaries, and stepping into your personal power. Keep showing up for yourself with love, patience, and confidence. You are worthy, you are powerful, and you are deeply loved.