

# *SELF-LOVE & WORTHINESS*

## *workbook*



## Self-Love & Worthiness Workbook

### Introduction

Self-love is the foundation of confidence, joy, and fulfillment. This workbook is designed to help you embrace your worth, cultivate self-compassion, and develop a loving relationship with yourself.

### Step 1: Understanding Self-Love

Self-love is not selfish; it is necessary. Ask yourself: - Do I speak to myself with kindness or criticism? - How do I show love to myself daily? - What would my life look like if I fully embraced my worth?

### Step 2: Releasing Self-Doubt & Negative Beliefs

Negative beliefs can block self-love. To release them: - Identify beliefs that make you feel unworthy. - Challenge them: Are they based on truth or fear? - Replace them with empowering statements.

### Step 3: Practicing Daily Self-Love Rituals

Self-love grows through intentional practices. Try: - Writing a love letter to yourself. - Speaking affirmations: 'I am worthy just as I am.' - Doing something daily that brings you joy.

#### **Step 4: Setting Boundaries & Prioritizing Yourself**

Loving yourself means protecting your energy. Ask: - Where do I need to say no more often? - Who drains my energy, and how can I set boundaries? - How can I put my needs first without guilt?

#### **Step 5: Embracing Self-Acceptance & Worthiness**

True self-love comes from full self-acceptance. Reflect on: - What makes me unique and special?  
- What past experiences shaped me into the person I am today?  
- How can I celebrate and appreciate myself every day?