

SELF - WORTH

Created with love and prosperity vibes by Violette de Ayala

LET'S GET STARTED:

What are three words that come to mind when you think of your own self-worth?

- 1.
- 2.
- 3.

What are three areas that you feel your self-worth can improve in or get some adjustments?

- 1.
- 2.
- 3.

What was the moment you felt like you had high doses of awesome self-worthiness?

ACTION PLAN :

What were you doing, thinking or being when you had your highest dose of self-worthiness? As you hold on to that emotion and love, dive deep into the areas you can tweak. Work on each area one at a time and start to change the narrative about your self-worth.

BONUS POINTS : Create a new personal mantra that will help you stay connected to your self-worth.

As an example: "I will no longer play small, or choose to dim my light. I am worthy of beautiful things and a wonderful life, and I am profoundly connected to my highest connection to my self-worth".