

FREEBIE

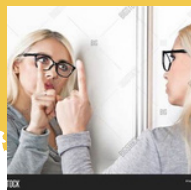
The Self- Worth Starter Kit



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The Self-Worth Starter Kit

SECTION 1: SPEAK LIFE



You don't have to fix everything. You just have to come home to yourself.

If you've been putting your needs last or doubting your worth, know this: your value isn't earned, it's inherent. These next moments are for you — to remind yourself that honoring yourself is not selfish, it's necessary.

 Affirmation:

"I am allowed to honor my needs and love myself out loud."

 Mini Prompt:

Take a moment to connect with this truth. Finish this sentence:
"If I fully believed that... I would finally ____."

Write freely — there's no wrong answer. Let your heart guide you.

 **Your 3 Powerful Steps to Jumpstart Your Self-Love Journey (in under 10 minutes):**

1. **Recognize Your Worth** – Pause, breathe, and silently repeat your affirmation three times. Notice how it feels in your body.
2. **Release What Holds You Back** – Identify one limiting thought or belief that's keeping you small. Write it down, then imagine gently letting it go.
3. **Take a Tiny Brave Step** – Choose one small act today that honors your needs, whether it's saying no, setting a boundary, or taking a few minutes just for yourself.

Tip: Small steps build momentum. These three actions might take less than 10 minutes, but they're designed to shift your energy and mindset immediately.

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SECTION 2: RELEASE THE GUILT



You don't have to carry the weight of "should" or "have to."

Sometimes the things we do aren't from love or choice—they're from guilt. This is your permission to pause and release it.

 **Prompt:**

What is one thing you're doing out of guilt instead of joy?

Write it down. Now ask yourself:

"What would it feel like to set this down, just for today?"

 **Why it works:** Letting go of guilt is the fastest way to reclaim your power. And your peace.

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SECTION 3: TAKE ONE BRAVE STEP



Courage doesn't have to be loud — it can be quiet, gentle, and deeply personal. Today, your permission is to honor yourself in a way that matters, even in a small way.

🌱 Your gentle nudge today:

Pick one from this list:

- ✓ Say no without explaining
- ✓ Rest without guilt
- ✓ Ask for help
- ✓ Look in the mirror and say: "I choose you."

💡 **Why it works:** Tiny self-honoring steps turn into massive mindset shifts over time. Each small act signals to your brain: I matter. My needs matter. I am worthy.

“Your Journey to Unshakable Confidence Has Just Begun...”

You don't need fixing.
You need **remembering**.

Everything you're searching for—confidence, self-trust, inner peace—has already lived inside you. This journey isn't about becoming someone new. It's about **returning to yourself**.

That's exactly why Becoming Her was created.
And that's why the next steps exist.

The **Self-Worth Starter Kit** planted the seed.
But growth happens when you water it with intention.

Inside **From Broken to Bold: The Self-Worth Reset Manual**,
you'll go beyond awareness and into transformation—learning how to:

Release the patterns that keep you doubting yourself

Rebuild self-trust after disappointment or heartbreak

Set boundaries without guilt

Speak to yourself with compassion instead of criticism

Show up as the woman who no longer seeks permission

This isn't motivation.
It's a reset.

And when you're ready to embody what you're learning—not just read about it—that's where **"7 Days to Becoming Her"** comes in.

Seven intentional days.

Seven powerful shifts.

Seven opportunities to practice choosing yourself—daily, gently, consistently.

No pressure.

No perfection.

Just progress.

If this free guide brought you even a moment of clarity, peace, or relief—imagine what happens when you fully commit to yourself.

You're not starting over.

You're stepping forward.

✨ Keep becoming her.

✨ Keep choosing you.

✨ Keep going.

Visit **upliftingandmotivating.com** and take the next step whenever you're ready.

You already know who you're becoming.

And this time—you're not walking alone. 🌟



Your Next Step: 7 Days to Becoming Her

You've started something powerful. And what you do next matters. Momentum is fragile — old habits can pull you back before you even notice. That's why this next step exists.

7 Days to Becoming Her is a short, guided reset to keep your momentum alive and anchor you in the confident, self-loving woman you're becoming.

Each day, you'll get:

- ✓ A self-love action prompt
- ✓ A confidence-boosting affirmation
- ✓ A short reflection exercise to lock it in

It's bite-sized, practical, and impossible to fail.

In just one week, you'll feel more grounded, more confident, and more aligned with your true self. These seven days are the bridge between *starting* and *becoming*.

For just \$1, you can take this guided journey and **keep your growth moving forward**.

👉 **Unlock 7 Days to Becoming Her for \$1**

You are not behind. You are not broken. You are right on time. ❤️

Take this step. Protect your momentum. Keep becoming her.

Find more self-love tools at upliftingandmotivating.com

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