

5-DAY
SELF-WORTH
RESET
workbook

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DAY 1:
LET GO OF
THE LIES

Today you will be identifying and letting go of limiting beliefs that distort your worth.

Affirmation: I release the lies that dim my light.

JOURNAL PROMPT

What beliefs about yourself have you carried that were never truly yours?

[illegible]

MINI CHALLENGE

Write down one belief you're ready to let go of. Say it out loud and tear the paper up.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

DAY 2:
RECLAIMING
YOURSELF

Today you will be giving yourself
permission to want, to hope, and to
dream.

Affirmation: I am worthy of my deepest desires

JOURNAL PROMPT

What do you secretly want but tell yourself you can't have or don't deserve?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

MINI CHALLENGE

Write down three things you want unapologetically. Display them where you'll see them daily.

[illegible]

DAY 3:
REBUILDING
SELF-TRUST

Today you will be recognizing self-betrayal and choosing to show up for yourself consistently.

Affirmation: I trust my voice, my choices, and my path.

JOURNAL PROMPT

When have you abandoned yourself to keep others comfortable? How can you honor yourself instead?

[illegible]

Make one small promise to yourself today—and keep it.

Make one small promise to yourself today—and keep it.

DAY 4:
SETTING
SACRED
BOUNDARIES

Affirmation: I am allowed to take up space and protect my peace.

What drains you that you keep saying yes to? What boundary needs to be honored?

[illegible]

MINI CHALLENGE

Practice saying no today—gracefully, clearly, and without guilt.

[illegible]

DAY 5:
ROOTING INTO
WORTHINESS

Affirmation: I am not waiting to be chosen—I choose myself now.

What do you want your future self to know? How can you start living like you already are her?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Write a short love letter to your future self. Keep it somewhere sacred.

[illegible]

Monthly Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Notes:

Weekly Planner

MONDAY

TUESDAY

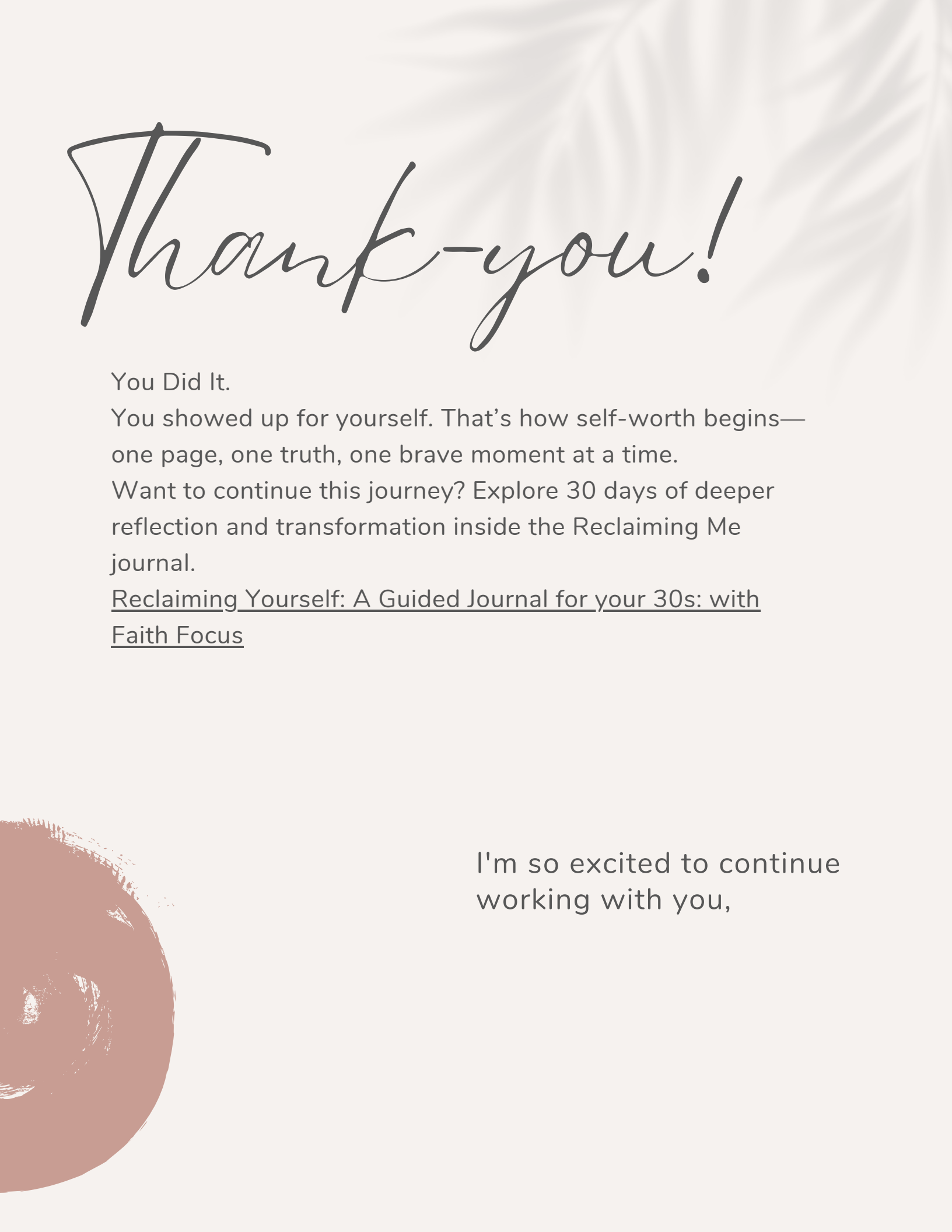
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Thank-you!

You Did It.

You showed up for yourself. That's how self-worth begins—one page, one truth, one brave moment at a time.

Want to continue this journey? Explore 30 days of deeper reflection and transformation inside the Reclaiming Me journal.

Reclaiming Yourself: A Guided Journal for your 30s: with Faith Focus



I'm so excited to continue
working with you,