REASN INC.

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?

MINI CHALLENGE

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

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?

MINI CHALLENGE

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

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?

MINI CHALLENGE

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

DAY 4: SETTING SACRED BOUNDARIES

Today you will be releasing guilt and protecting your peace without apology

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

JOURNAL PROMPT

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

MINI CHALLENGE

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

DAY 5:
ROOTING INTO WORTHINESS

Today you will be choosing yourself, showing up for your future, and claiming your healing.

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

JOURNAL PROMPT

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

MINI CHALLENGE

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

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,