

SELF-WORTH TOOLKIT

Gentle tools for rebuilding when life breaks
you down

BY IRENE WANZA



welcome LETTER



Welcome

Dear You Who's Starting Over,
If you're holding this toolkit, I want you to know something:

You are not broken. You are not behind. You are not too late.

I created this during a season of emptiness when I felt lost, tired, and unsure of what would come next. But deep inside, there was still a quiet voice whispering, "You are still worthy."

I didn't always believe it. But I kept showing up. And that's what you're doing now.

This is for anyone who is rebuilding from the ground up whether you're grieving, healing, beginning again, or just trying to breathe

It's for the person who feels invisible, drained, or unsure of their value.

It's for you the one learning to believe in yourself again, even when it feels hard.

Inside, you'll find healing words, grounding tools, and soul-deep prompts to help you reconnect with your truth.

Take your time. Be gentle.

There's no rush.

You are allowed to begin again.

You are allowed to rise slowly.

You are worthy anyway.

With all my heart,

Irene Wanza

how to use THIS TOOLKIT



This toolkit is designed to be your personal space for reflection, affirmation, and growth. You don't have to follow the pages in order just go where your heart leads. Use the affirmations to start your day strong, the journal prompts to explore your thoughts, and the tracker to stay connected with your emotional and physical self. The mirror mantras are here to lift you when you forget your strength. Read them out loud yes, out loud!

Take your time. Pause.
Return as often as you
need.

This is not a race it's a
gentle return to who you
really are.

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DAILY

affirmations

I am worthy of love, peace, and progress even on my hardest days.

I do not need to prove my value to anyone.
I am allowed to start over as many times as I need to.

My past does not define me
I trust the process of becoming who I was always meant to be

I honor my healing, even when it feels slow am
not behind I am on my path.

I choose progress over perfection. I am doing the best I can and
that is enough.

My voice, my story, and my life matter. I give
myself permission to rest without guilt.

I am building something new, and it takes time. I release
shame and welcome grace.

I can feel afraid and still move forward. I am already
enough just as I am, right now.



Journal Your Way back to

TO YOURSELF

This journaling prompts are designed to help you reconnect with your worth, reflect gently, and move toward healing

1

What parts of myself have I hidden or silenced, and why?

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2

What do I wish someone had told me when I felt unworthy?

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3

What makes me feel most alive or grounded in my body?

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Journal Your Way back to

TO YOURSELF

Use these guide questions in journaling

4

When was the last time I felt proud of myself even in a small way?

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5

What do I want to release from my past, and what do I want to carry forward?

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6

What beliefs about my worth am I ready to question or rewrite?

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Journal Your Way back to

TO YOURSELF

Use these guide questions in journaling

7

What would I say to my younger self if I could sit beside them today?

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8

What does "enough" look like for me in this season of life?

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9

Who am I becoming and how can I be kinder to that version of me?

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Journal Your Way back to

TO YOURSELF

Use these guide questions in journaling

10

If I believed I was deeply worthy, how would I live differently today

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Self worth tracker

LET'S ASSESS

The Self-Worth Tracker helps you gently check in with your emotional and physical well-being each day. It's a simple way to notice your efforts, build self-awareness, and remind yourself that even small steps count.

How will you rate the following					
	Rarely	Sometime	Often	Always	
PHYSICAL	I spoke kindly to myself today	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I gave myself permission to rest without guilt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I noticed my thoughts and didn't judge them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I did one thing that made me feel proud	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I remembered I'm worthy beyond work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following					
	Rarely	Sometime	Often	Always	
EMOTIONAL	I nourished myself intentionally	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I moved my body with care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I gave myself a moment to breathe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I got at least 6 hours of sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MIRROR

MANTRAS

- I am enough just as I am
- I am allowed to take up space.
- I trust the timing of my life.
- I am growing, healing, and becoming.
- I release what no longer serves me.

- I choose to believe in myself today.
- I speak to myself with love and respect.
- I am worthy of peace, love, and rest.
- I show up for myself with grace.
- I honor who I am becoming.



Mirror mantras are short, powerful affirmations you speak while looking at yourself in the mirror. Their purpose is to rebuild confidence, rewire negative self-talk, and help you connect with your inner worth through daily, face-to-face affirmation.

PLANNING AHEAD

This toolkit is just the beginning of a gentle push toward showing up for yourself with more honesty, grace, and intention. As you move forward, keep choosing the small daily habits that remind you: your worth is steady, your growth is real, and your journey matter



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closing WORDS

Creating this Self-Worth Toolkit came from one of the hardest, most honest seasons of my life. I wasn't just building it for you I was building it with you in mind, as someone who knows what it feels like to be tired, uncertain, and still hopeful.

There were moments I almost gave up, but every page became a quiet declaration: "I'm still here. And I still believe healing is possible."

I've spent years searching for answers outside myself in jobs, people, places but nothing changed until I started coming home to me. This toolkit is a piece of that journey.

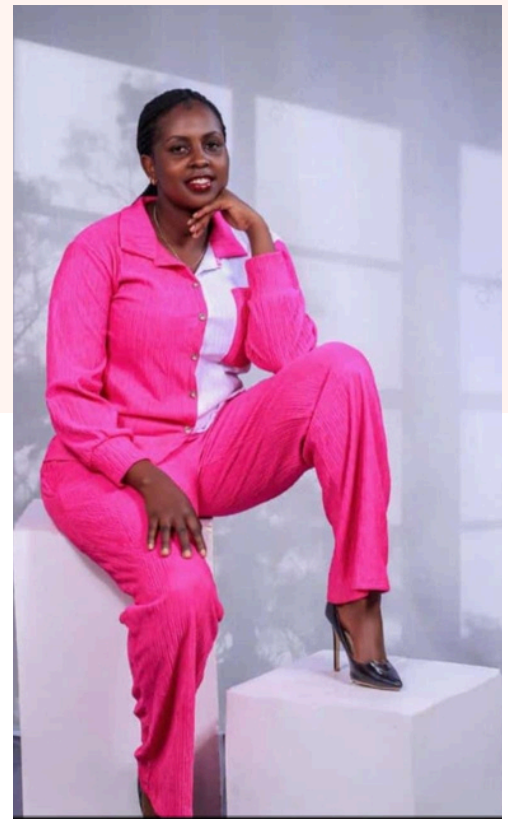
Please return to these pages whenever you forget who you are.

You're not starting from zero you're starting from truth.
You are not too late. You are not too far gone. You are not alone.

You're becoming and that's more than enough.

"Your worth was never up for debate. It was always yours."

With deep belief,
Irene Wanza Muoki



CONNECT WITH
ME

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