

THE GIFT INSIDE STARTER KIT

*Reconnect to Your Worthiness
& Begin Healing from Within*

@re.claimyourlife



Welcome Beautiful Soul

If you've found your way here, know this: you are not broken. You are not too late. And you are most certainly not alone. This Starter Kit was created for women just like you—strong, loving, nurturing women who gave everything to everyone else for years... and now feel like they lost themselves somewhere along the way.

Whether you're recovering from a breakup, divorce, toxic relationship, or simply waking up to the fact that you've been living in survival mode, this workbook is your gentle invitation back home to YOU.

Let's begin your journey to healing the unworthiness, releasing the shame, and reconnecting with the powerful, radiant woman within.

What You'll Gain From This Workbook:

- Clarity on where you lost your sense of self—and how to reclaim it.
- Simple mindset shifts that begin dissolving unworthiness.
- Emotional awareness exercises to help you let go of guilt, shame, and fear.
- Tools to begin feeling empowered, hopeful, and connected again.



PART ONE: AWARENESS

Where Did You Lose Her?

1. What parts of yourself did you hide, minimize, or abandon in your past relationship?
2. What limiting beliefs have you been carrying about your worthiness?
3. What moments or experiences made you feel "not enough"?

Write your answers to these prompts here::

1.

2.

3.



PART THREE: RECONNECTION

Daily Self-Worth Rituals

Try one or more of these daily:

- Morning mirror affirmation: Look into your eyes and say, "I am worthy, just as I am."
- Hand-to-heart breathing for 2 minutes, feeling your own love and support.
- A "YES List": Write down 3 things each day that made you feel alive, proud, or aligned.



BONUS: YOUR NEXT STEP

If this workbook sparked something in you, there's more waiting. Join me for a **free 40 min healing session on Zoom**, where we go deeper into nervous system healing, emotional detox, and true self-reclamation.

Reserve your seat here:

<https://calendly.com/coachirina/ryl>

Or book a free 20-minute clarity call with me to explore what support might look like.

<https://calendly.com/coachirina/20-min-clarity-call>

Remember This

You don't have to do it alone. Healing is not a straight line. You are allowed to rest, cry, rise, and begin again—as many times as it takes. The gift inside you was never lost. It was just waiting for you to return.

With love and light,

Irina Shehovsov

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