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30-Day Self-Esteem Boost

A FREE worksheet to
improve self-esteem,
thought patterns and
promote your healing
journey

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Thank you for respecting the hard work for the author

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Consult with a clinician in your care

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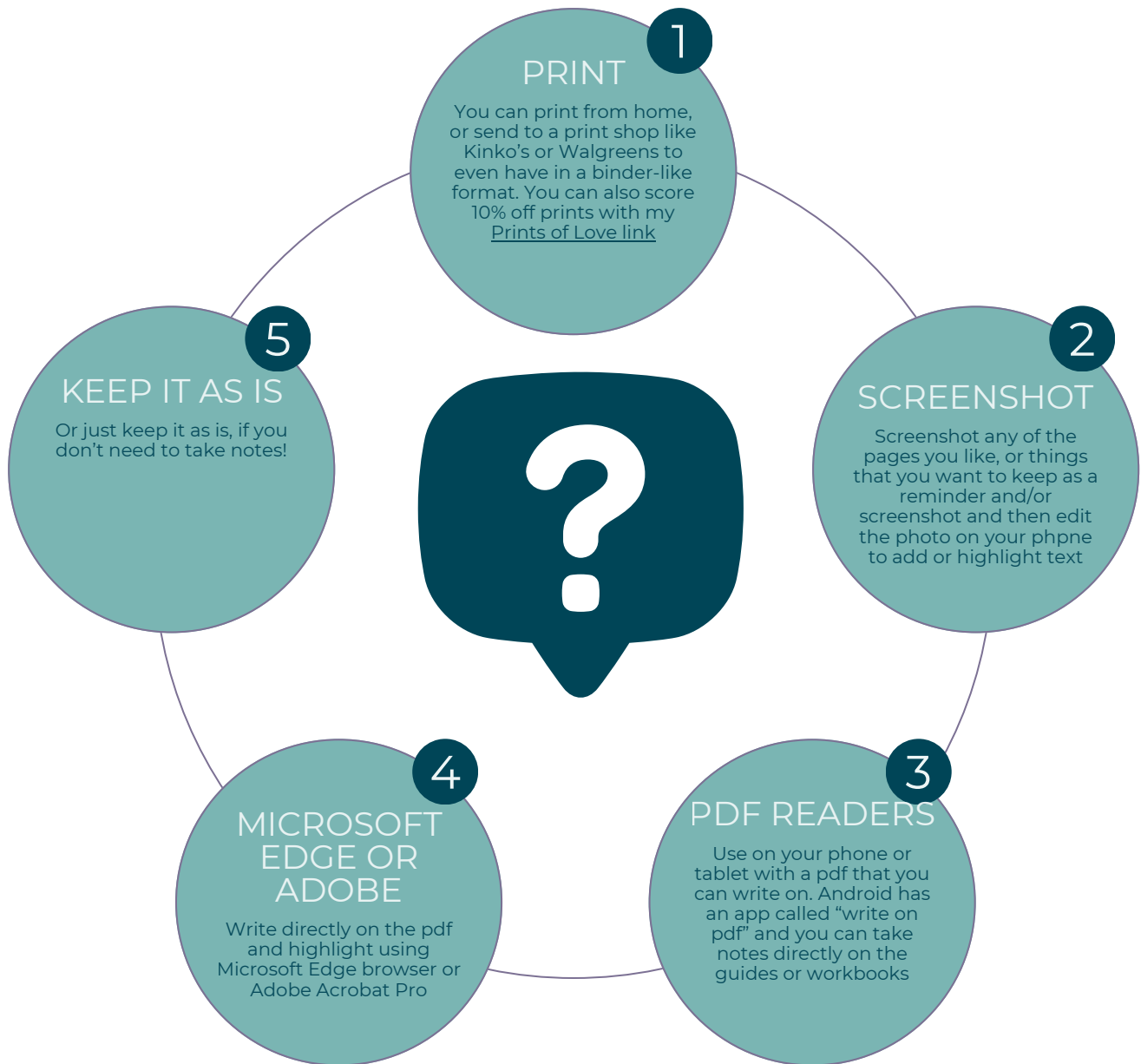
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Ways You Can Use This Guide:

Here are Some Suggested Uses

If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



BONUS

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BONUS

Why nervous system plays a role here

Releaseology



The study of releasing pain, stress & dysfunction

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Nutritional Therapist, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My approach focuses on the brain and nervous system which has helped me treat diagnoses and symptoms that I was taught not possible. By improving the physical aspects of someone's nervous system, it improves the signal of the cranial nerves and vagus nerve, **which means your body can properly assess a true threat versus a perceived threat and you won't "fawn" to avoid conflict as you can properly manage it.**



I have helped clients with stress, anxiety, depression, irritability, energy levels and so much more. Read more about me and my approach at the end of this workbook

Let's Release Your Body's Own Healing Potential

www.releaseology.com

[@releaseology](https://www.instagram.com/releaseology)



The Vagus Nerve Perceives Your Emotional State

Your brain and nervous system program your body how to react based on past experiences. So anything that seems familiar to what you've experienced before your brain automatically perceives a threat, joy, etc. But, if you can teach your nervous system how to effectively manage those stressors, this can improve your own outlook and self-esteem. The BEST part is you don't have to talk about how you're feeling

I have my ENTIRE vault of exercises for purchase, available in 3 tiers to fit every budget/lifestyle.

Nervous System Foundations

- **1/3** of my exercise vault
- **20** movements & exercises
- Why is the vagus nerve so important (a brief **overview**)
- Signs and symptoms of vagus nerve dysfunction
- Ways to improve vagus nerve signal (an **overview**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$97 for lifetime access

Nervous System Integrations

- **2/3s** of my exercise vault
- **40** movements & exercises
- Why is the vagus nerve so important (a **deeper dive**)
- Signs and symptoms of vagus nerve dysfunction (**why some symptoms make sense**)
- Ways to improve vagus nerve signal (**more in depth**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$197 for lifetime access

Pay as low as \$35/month with a payment plan

Nervous System Mastery

- My **FULL** exercise vault
- **60** movements & exercises
- Why is the vagus nerve so important (**the full view**)
- Signs and symptoms of vagus nerve dysfunction (why **each** symptom make sense)
- **All** ways to improve vagus nerve signal
- Product discounts
- BONUS: position chart
- BONUS: symptom chart
- BONUS: **recipes & meal plans**
- BONUS: **my virtual vagus nerve workshop**

\$347 for lifetime access

Pay as low as \$60/month with a payment plan

Nervous System Coaching

- personalized 1:1 guidance in your healing journey
- weekly 1-hour Zoom or phone calls (virtual sessions)
- daily check-ins (via text or e-mail)
- FREE access to the Nervous System Mastery Course
- FREE 3-months access to the NeuroFIT App
- choose your duration of commitment 1, 2 or 3 months

\$3000 per month

Pay as low as \$515/month with a payment plan

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The Worksheet

A worksheet to help on your healing
journey

30-Day Self-Esteem Boost

This 30-day challenge is designed to help you build self-esteem with simple, daily actions. Each day offers a new habit or practice to boost your confidence and self-worth. Let's take this journey together to strengthen your self-esteem.

Day 01	Day 02	Day 03	Day 04	Day 05
List one positive trait	Accept today's compliment gracefully	Set and achieve a goal	Reframe one negative thought	Do something you enjoy
Day 06	Day 07	Day 08	Day 09	Day 10
Write three gratitude points	Practice saying "no" today	Compliment someone around you	Spend time with positivity	Try something completely new
Day 11	Day 12	Day 13	Day 14	Day 15
Practice five-minute mindfulness	Celebrate a small success	Focus on your strengths	Forgive yourself for mistakes	Be kind to yourself
Day 16	Day 17	Day 18	Day 19	Day 20
Reflect on personal growth	Speak kindly to yourself	Acknowledge a recent success	Set a boundary today	Engage in something creative
Day 21	Day 22	Day 23	Day 24	Day 25
Practice deep breathing exercises	Do a kind gesture	Take a calming break	Write self-encouragement letter	Celebrate today's small victory
Day 26	Day 27	Day 28	Day 29	Day 30
Spend time in nature	Ask for needed help	Write three recent successes	Visualize achieving a goal	End day with affirmation

Want More?

If you liked this guide, purchase the full over 70-pages workbook. Filled with actionable sheets like this one. Purchase the Self Esteem Workbook [here](#)

I am always working on more resources as well

For the most up-to-date guides, head to:

www.releaseology.com/selfesteem-resources



I will have a bundle option, once all the resources are available! If you purchased through my channel and entered your e-mail, you will be e-mailed when these resources are available!

Book a virtual session or in-person session in Tempe, AZ to get one on one personal guidance.

HSA cards accepted in AZ only

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More Resources

To Support Your Healing
Journey

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

Let's Release Your Body's Own Healing Potential



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About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

Why This Matters? Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

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