PRACTICAL GUIDE +
WORKSHEETS

BREAK THE PATTERN

For the woman who doesn't want to repeat the past in her next relationship.

UNDERSTAND. | CHANGE. | CHOOSE DIFFERENTLY.



ALEXANDRINA PETKOVA

This is where we begin with you.



I cannot change my past relationships and I cannot control the actions of other people.
But I can choose how I think, how I feel and how I act now.
This workbook is your space for self-awareness, change and new choices.
You deserve a love that is easy, real and mutual.

THIS GUIDE WILL HELP YOU TO:

- Recognize your patterns and habits.
- Set clear boundaries and standards.
- Choose differently and create a new reality in love.

Questions for reflection:

→ Why do I want to break this pattern?
How do I want my relationships to look from now on?

> "Change begins in the moment you decide to be a little more kind to yourself than you were before."

A Pattern I No Longer Want to Repeat.



Before I can change something, it's important to clearly understand what pattern I want to break.
Describe one pattern that repeats in your relationships.

→ MY PATTERN IN ONE SENTENCE:

Example formulations:

- I get into emotionally unavailable relationships.
- I fall in love with people who are not ready for a commitment.
- I give more than I receive.
- I stay in relationships for too long, even when they hurt me.

What do I want to choose differently from now on?
Write freely.

How do I want to feel in a healthy relationship?
Write freely.

REMEMBER: You are not your past. You hold the key to change.
When you make different choices, you change the story of your life.

How Does My Pattern Begin?



Every pattern has a beginning. There is a specific moment or situation when I make the first choice that eventually leads to a familiar ending.

Take some time to reflect on your recent relationships:
Where does your usual story start? What happens first?

ANSWER THE QUESTIONS:

- What is usually the big picture at the beginning for me?
- What typically happens first that makes me feel "special"?
- Who usually takes the initiative at the beginning?
- What actions do I take in the first few weeks?
- What are the first signs that something is not right, but I tend to ignore them?

Recognize the beginning, to create a change.

The story doesn't start at the end.
It starts with the first choice you make.
And that choice is in your hands.

SMALL STEP:
Today simply observe.
Notice how your pattern starts to unfold with someone.
You don't have to change anything yet... just notice.

What Attracts Me at the Beginning?



At the beginning, there is always something that attracts me strongly. But often these are not the qualities I truly need, but traits that activate my unconscious patterns.

Let's take a moment to notice and understand.

> The key question is: **What is it about someone that attracts me and makes me feel a safe and healthy connection?**

WHAT ATTRACTS ME TO THEM?

Write everything that initially drew me to them, what felt exciting, and what made me feel "enough".

Allow yourself to be completely honest. This is just for you.

WHAT DO I STAND BEHIND THIS ATTRACTION?

What thoughts, beliefs or inner needs make this attraction feel so strong?

Often behind the attraction are unmet needs, fears or old emotional wounds.

CHECK WHAT OFTEN ATTRACTS ME (TICK WHAT FEELS TRUE):

- ○ Strong confidence and presence
- ○ Mystery and unavailability
- ○ Sense of humor
- ○ Success and ambition
- ○ Attention and romantic gestures
- ○ Openness and emotional connection
- ○ Other: _____

CHECK WHAT UNDERLYING NEEDS I MAY HAVE (TICK WHAT FEELS TRUE):

- ○ Emotional closeness
- ○ Consistency and reliability
- ○ Respect and care
- ○ Honest communication
- ○ Shared values and future vision
- ○ Calmness and security
- ○ Other: _____

REMEMBER:

Attraction is the first spark.
But choosing a partner is about the life you want to build.

You deserve a love that chooses you every day.



What Attracts Me – and What Holds Me Back?



Often, we are drawn to strong attraction and deep compatibility.
One is chemistry and emotions. The other is the foundation for a healthy relationship.
It's important to learn to tell the difference.

KEY TRUTH:

Chemistry can ignite the spark, but compatibility is what keeps the fire alive – calm, secure and loving.

The goal is not to chase adrenaline but to choose a partner with whom you can build a life.

EXERCISE: Separate reality from illusion

Write down what attracts you in a man and, next to it, whether this is chemistry (attraction) or a sign of a healthy relationship.

♥ STRONG ATTRACTION (CHEMISTRY)

What excites me, sparks passion, makes me want more attention and confirmation.

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

This brings strong emotions, but it is not a guarantee of a healthy relationship.

≠

♥ REAL COMPATIBILITY (FOUNDATION)

Qualities and behaviors that show we can build something real, stable and lasting together.

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

This is the foundation for trust, respect and a long-term relationship.

REFLECT:

What has attracted me the most so far?
Was it chemistry or compatibility?
What do I want to choose and value more from now on?

_____
_____
_____
_____

Repeating Patterns in Relationships



Often, without realizing it, we repeat the same patterns, even when we see that they don't bring us happiness. Recognizing the pattern is the first step toward change. Here, we will take a closer look at the patterns in your relationships to see what they are and how they show up in your story.

EXERCISE: Get to know your pattern

Read through the models below and check which ones have been part of your experience. You can also add any other patterns you recognize.

Self-awareness creates freedom.

♥ MOST COMMON RELATIONSHIP PATTERNS

- ☐ I am attracted to emotionally unavailable men.
- ☐ I fall in love quickly and intensely.
- ☐ I give more than I receive.
- ☐ I try to "save" or change my partner.
- ☐ I stay in relationships that do not make me happy.
- ☐ I ignore red flags.
- ☐ I attract partners who are afraid of commitment.
- ☐ I compromise my own needs to keep the relationship.
- ☐ I am afraid of being alone and make compromises.
- ☐ I repeat the same type of partner with a different face.
- ☐ I keep going back to the same story, even when I know how it ends.
- ☐ Another pattern I recognize: _____

♥ MY EXPERIENCE

Choose one model that resonates with you the most and answer the following questions:

→ How does this pattern show up in my life?

_____

_____

_____

→ What paths have I already tried to change it?

_____

_____

_____

→ How do I feel when I am in this pattern?

_____

_____

_____

→ What is the cost for me?

_____

_____

_____

Remember:

- ♡ This is not your fault.
- ♡ Patterns are built over time.
- ♡ You are not "too sensitive" – you are aware.
- ♡ You can break the pattern. You've already taken the first step.
- ♡ Change is absolutely possible.

> "You cannot create new results if you keep making the same choices."

Your Pattern – How It All Began?



Every pattern has a beginning. Most often, it forms early in life – in childhood, in the environment we grew up in, through what we saw (or didn't see), what we heard, and what we experienced with the people we had around us.

Let's go back to the beginning to understand where the pieces fit.



EXERCISE: GO BACK IN TIME

Think about the period up to the age of 18 and answer the questions below.
Write the first things that come to mind.
There are no right or wrong answers.

The more honest you are, the more freedom you create for yourself. ♡

♥ CHILDHOOD AND FAMILY ENVIRONMENT

- ♡ What kind of relationships did I observe between my parents?
- ♡ How was love expressed at home?
- ♡ Did I feel enough love, acceptance and safety?
- ♡ What messages did I learn about men and women?
- ♡ Were there moments when I felt abandoned, criticized or insecure?

♥ FIRST RELATIONSHIPS AND LESSONS

- ♡ What was my first experience of falling in love?
- ♡ How did I feel in my first relationships?
- ♡ Was there a recurring dynamic that kept happening?
- ♡ What lessons (consciously or unconsciously) did I learn about love?
- ♡ What beliefs do I hold about what I deserve in love?



WHAT MIGHT YOU REALIZE?

- ☐ My patterns are not random – they have a story.
- ☐ What I experienced in the past still affects the choices I make today.
- ☐ My past doesn't define my future.



YOUR NEXT STEP:

I choose not to repeat old patterns.
I choose self-awareness, love and freedom. ♡

Reflection

How do I feel now, after looking back and seeing the beginning of my pattern?

Explore Your Role in the Pattern



Every pattern is supported by two sides.
Often we don't realize how we also contribute – through our reactions, choices, expectations or fears. Here it's important to look at yourself **with honesty, not guilt.**

EXERCISE: LOOK INSIDE

Answer the questions below to better understand what role you play in this pattern.
Be as honest and open with yourself as possible.

True change begins with awareness, not self-blame.

♥ HOW DO I REACT IN THE PATTERN?

Check the behavions that you recognize in yourself.

- ☐ I overthink and imagine worst-case scenarios.
- ☐ I justify the other person's behavior.
- ☐ I try to "save" or change them.
- ☐ I give more than I receive.
- ☐ I strive for approval and validation.
- ☐ I suppress my own needs and feelings.
- ☐ I am afraid to be alone.
- ☐ I lose myself and my own goals.
- ☐ I repeat the same choices.
- ☐ Other: _____

♥ WHAT ROLE DO I PLAY?

Which of these statements are true for you in this pattern?

- ○ I'm not good enough.
- ○ Love has to be proven.
- ○ I have to fight for attention.
- ○ I don't trust easily.
- ○ I give too much.
- ○ I make excuses for unacceptable behavior.
- ○ I stay in difficult connections.
- ○ Other: _____

WHAT DO I GIVE TO THIS PATTERN?

What beliefs, "doses" (even hidden) or behaviors do I bring to this pattern?

_____

_____

_____

_____

♡ What do I receive when I stay in this pattern?

_____

♡ What am I afraid of if I step out of it?

_____

♡ What might I lose?

_____

Write your realization

What is the most important truth you noticed about yourself while filling out this page?

_____

_____

_____

♥ REMEMBER:

Awareness is not a weakness.
It is the first step
toward your freedom.

Practices for Change – Small Steps, Big Difference



Change doesn't happen overnight. It happens through small, conscious actions every day. Here you will find 1–2 simple practices for each day of the next week. Try them and notice how they make you feel.

IMPORTANT:

Choose practices that feel realistic for you.
It's better to do a little, consistently, than a lot, irregularly.

Change starts with choices you make for yourself every day.

IDEAS FOR PRACTICES

1. MINDFULNESS JOURNAL

Spend 10 minutes a day writing how you feel, what you're experiencing, and what you're grateful for.

2. PAUSE BEFORE REACTING

When you feel a strong emotion, take 3 deep breaths and give yourself a moment before responding.

3. ACTS OF SELF-CARE

Do something for yourself that recharges you – a walk, a warm bath, a book, music or a hobby.

4. SET A BOUNDARY

Practice saying "no" without guilt. Your time and energy are valuable.

5. PRACTICE SELF-COMPASSION

Be kind to yourself.
Talk to yourself the way you would talk to a close friend.

6. FOCUS ON YOUR GOALS

Remember what's important to you and what kind of life you want to create.

MY ACTION PLAN FOR THE WEEK

Choose 1–2 practices you will do this week:

1. _____
2. _____

When will I do them?

_____

_____

_____

How will I know they are working for me?

_____

_____

FOLLOW YOUR PROGRESS

Check off each day when you practiced the chosen activities:

DAY	PRACTICE 1	PRACTICE 2	HOW DO I FEEL?
DAY 1	♡	♡	
DAY 2	♡	♡	
DAY 3	♡	♡	
DAY 4	♡	♡	
DAY 5	♡	♡	
DAY 6	♡	♡	
DAY 7	♡	♡	

Remember:

- You don't have to be perfect.
- Small, regular steps lead to big results.
- Be proud of yourself.
- Celebrate small wins.

Every small step forward brings you closer to the life you deserve.

11. My Mom and Me
Gratitude, Understanding and Freedom



The first and most important relationship we know is with our mom. From her we learn about life, care, safety... but also, sometimes, criticism, expectations or hurt.
This page invites you to look at your relationship with your mom with honesty and compassion – and toward her, and toward yourself.

EXERCISE: LOOK BACK

Answer the questions below.
There are no right or wrong answers.
Simply be honest with yourself.

When there is understanding, there can be freedom.

1. WHAT HAVE I RECEIVED FROM MY MOM?

Check everything that feels true for you.

- ☐ Love and care
- ☐ Support in difficult times
- ☐ A desire for the best for me
- ☐ Values that guide me today
- ☐ Strength and resilience
- ☐ Femininity and wisdom
- ☐ A sense of home and belonging
- ☐ Other: _____

2. WHAT HAS BEEN DIFFICULT FOR ME?

What was challenging or painful?
(Check everything that applies.)

- ☐ Too much criticism
- ☐ High expectations and pressure
- ☐ Lack of emotional warmth
- ☐ Difficulty accepting me as I am
- ☐ Control or overprotection
- ☐ Feeling that I was not enough
- ☐ Unspoken pain or sensitivity
- ☐ Other: _____

3. WHAT DO I CARRY WITH ME TODAY?

Which thoughts, beliefs or behaviors still live in me?

Write them here:

_____
_____
_____
_____
_____
_____
_____

A LETTER OF GRATITUDE

Write a grateful letter to your mom.
Thank her for everything she has given you – big or small.
Focus on the things that were real, meaningful and valuable.

For example, you could start with:
"Thank you, Mom, for..."

_____
_____
_____
_____

A LOOK WITH LOVE AND UNDERSTANDING

Try to see your mom not only as "my mom," but also as a woman who had her own life, story, fears and unhealed wounds.

Write what you understand about her today:

_____
_____
_____
_____
_____

REMEMBER:

- ♡ You don't have to justify everything she did.
- ♡ You can be grateful for the good and still release the pain.
- ♡ You have the right to set your own boundaries today.
- ♡ Your relationship with your mom can heal – step by step.

You are not looking for a perfect mom.
You are looking for the truth.
And I choose my freedom.

12. My Dad and Me

Understanding, Acceptance and Freedom



The relationship with our father leaves a deep mark on the way we see the world, make choices, believe in ourselves and expect others to treat us. On this page, you will be given space to look at your relationship with him – with honesty and compassion – and to take what serves you, while leaving behind what belongs to the past.



EXERCISE: LOOK BACK

Answer the questions below.
There are no right or wrong answers.
Simply be honest with yourself.

When I understand, I set myself free.
When I accept, I find my strength.

1. WHAT WAS OUR RELATIONSHIP LIKE?

Describe in a few words what your relationship with your dad was like in your childhood and now as an adult.

_____

_____

_____

_____

_____

_____

2. WHAT DID I SEEK FROM HIM?

What did I wish for from my dad as a child?
What do I still seek from him today?

- ☐ Attention
- ☐ Approval and praise
- ☐ Protection and security
- ☐ To feel important
- ☐ Unconditional love
- ☐ Time with me
- ☐ Other: _____

3. HOW DOES THIS AFFECT ME TODAY?

How does this show up in my life today?

- ☐ Low self-esteem
- ☐ Difficulty trusting men
- ☐ Choosing unavailable partners
- ☐ Fear of rejection
- ☐ Difficulty receiving love
- ☐ Other: _____

How does it show up? _____

A LETTER TO MY DAD (you don't have to send it)

Write down everything you have never had the chance to say. You can express your pain, anger, disappointment, needs or gratitude.

What hurt me... _____

What I wish from you... _____

Thank you for... _____

Today I choose... _____

WHAT DO I CHOOSE TODAY?

I recognize the legacy I have received and I choose to take only what builds me and to leave behind what no longer serves me. From him I choose to take:

♡ _____

♡ _____

♡ _____

I leave behind what hurts me and return it to him.

I free myself from: _____

PRACTICE: GIVE IT BACK AND MOVE FORWARD

Close your eyes. Imagine your dad in front of you.
Say (out loud or in your mind) everything that is not yours anymore. Thank him for his part in your life, and return to him what belongs to him.

You can say:

"Thank you for your life, for the lessons, for the strength you gave me."

Now imagine that you are putting down everything that is not yours (expectations, fears, pain, guilt, choices) in a box and giving it back to him.

You can say:

"I live my own life.
I leave the rest with you."

Remember:

- ♡ You don't have to justify his behavior.
- ♡ You can be grateful for the good and still release the pain.
- ♡ You have the right to set your own boundaries.
- ♡ You are the adult now.
- ♡ You choose yourself, every day.

"I am enough.
I honor love, awareness and respect.
I give myself what I needed back then."

13. Me as a Child

A Meeting with the Little Me



Before you became the strong woman you are today, there was a little girl.
She is still a part of you – with her feelings, needs and dreams.
Today you give her what she may have missed – love, understanding, acceptance and safety.
This meeting heals.



EXERCISE: MEET YOUR YOUNGER SELF

Close your eyes, take a few deep breaths and imagine your younger self.
How old is she? What does she look like?
Where is she? What does she need?

You are here now
to be the adult she needed.

1. WHAT DID YOU NEED BACK THEN?

Write the thoughts you wished someone had told you.

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

2. WHAT DID YOU MISS?

What was lacking for you as a child?

- ☐ Hugs
- ☐ Attention
- ☐ Acceptance
- ☐ Protection
- ☐ Safety
- ☐ Calm
- ☐ Approval
- ☐ Freedom to be yourself
- ☐ Someone to listen to me
- ☐ Not to feel guilty
- ☐ To feel important
- ☐ Unconditional love
- ☐ Other: _____



3. WHAT CAN YOU GIVE HER TODAY, THAT SHE DIDN'T RECEIVE BACK THEN?

Write how you want to meet the needs of your younger self now.

_____
_____
_____
_____

4. I FORGIVE YOU

Write a few sentences of forgiveness and support to your younger self.

_____
_____
_____

5. I PROMISE YOU

What do you promise your younger self as an adult?

_____
_____
_____

PRACTICE: A LETTER TO YOUR YOUNGER SELF

Write a letter to the little you.
Tell her everything you now understand.
Reassure her. Comfort her. Embrace her.
Today, be the person she needed.

"Healing the little one
inside you heals the adult in you."

14. The Words Left Unspoken

Letters That Heal



Sometimes the hardest words are the ones that were never said.
This practice gives you a space to express everything you carry inside – without judgment and without fear.
Here, there are no right or wrong answers. Here, there is release.

Write two unsent letters – one to your mom and one to your dad.

EXERCISE: UNSENT LETTERS

Take your time, be still and honest.
Write from your heart. Don't worry about editing.
No one else has to read these letters.

This is your space.
Here you can be completely you.

LETTER TO MY MOM

Start with:
"Thank you for..."
"It hurt me when..."
"I wish from you..."
"I'm sorry for..."
"Please forgive me for..."
"Today I choose to..."

LETTER TO MY DAD

Start with:
"Thank you for..."
"It hurt me when..."
"I wish from you..."
"I'm sorry for..."
"Please forgive me for..."
"Today I choose to..."

AFTER WRITING THE LETTERS:

- ☐ Read them out loud to yourself.
- ☐ Allow yourself to feel everything that comes up.
- ☐ If you feel like crying – cry.
- ☐ If you feel anger – express it.
- ☐ If you feel relief – stay with it.

YOU CAN ALSO:

- ☐ Keep the letters and return to them later.
- ☐ Turn them into a symbolic act of release.
- ☐ Tear them up and put them in water or a fire.
- ☐ Or simply keep them in a drawer and leave there.

There is no right or wrong way – there is your way.

REFLECT ON:

- How do you feel now after writing? _____
- Is there something that surprised you? _____
- What do you need most today? _____
- What do you choose for yourself moving forward? _____

You don't need your parents
to be perfect
in order to allow yourself
to choose freedom today.

16. I Let Go of What Is Not Mine

Releasing the Weight of Others



I no longer unconsciously carry responsibilities, fears, pain or choices that are not mine.
This practice is not about forgetting the past, but about releasing it.
I return to my own love, to what belongs to others, and to my own path.

Today I choose to live my life, not someone else's.

EXERCISE: A RELEASE RITUAL

Take a few quiet moments.
Write down some of the deep emotions.
This is your personal ritual for letting go.

I let go with love.
I make space for my own strength.
I choose myself.

1 WHAT IS NOT MINE?

Write down what you tend to carry even though it does not belong to you. (Fears, pain, expectations, unresolved issues, guilt, conflicts between parents, family choices, etc.)

2 WHO DOES IT BELONG TO?

Who do these thoughts, feelings or responsibilities actually belong to? Remind yourself – they are not mine, they belong to someone else.

3 I RELEASE WITH LOVE

Imagine every person in front of you. In your mind, give back to each one what belongs to them with love. Say to yourself:
"I return to you what is yours, and I keep what is mine."

I release with love.
I put my trust in you.
I honor your path.
I choose my own life.

CHECKLIST FOR FREEDOM

- [ ] Recognize what is not mine.
- [ ] Understand who it belongs to.
- [ ] Return it with love in your heart.
- [ ] Free myself from guilt and heavy emotions.
- [ ] Choose my own life.
- [ ] Be grateful for my family and their journey.

HOW DO I FEEL NOW?

How do you feel after this practice?
What has changed in you?
What do you notice in your body, thoughts or emotions?

I SET AN INTENTION FOR MYSELF

Visualize yourself walking forward.
Take a deep breath and say out loud:

I release what is not mine.
I am grateful for the lessons, for the strength, for the love. I freely choose my own life and take the next step toward myself.

MY NEW REALITY

From now on, I choose:

- To be at peace with myself, because _____
- To set healthy boundaries, because _____
- To live the life I want, because _____

I started as a little girl, but I now live as a woman. | *I choose myself. Every single day.*

17. I Choose Myself, Every Day

Small Choices, a New Reality



The past cannot be changed, but from this moment on, every small step changes your tomorrow.
This practice helps you remember to choose yourself every day – you are important and you deserve the best.

Every day is a new opportunity to choose yourself.



EXERCISE: A MORNING CHOICE FOR MYSELF

Take 5 quiet minutes each morning.
Connect with yourself and ask:
How can I make today a little kinder and closer to the life I want?

You are a priority, not an option.

1. SMALL CHOICES, BIG CHANGE

What small choices can I make today that will be good for me?

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

2. WHAT WILL I LET GO OF?

What habits, thoughts or people no longer serve me and I am ready to let go of?

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

3. MY NEW DAY

How do I want to feel today?
Write three words.

♡ _____
♡ _____
♡ _____

What is one action that will make today good for me?

_____

FOCUS FOR TODAY

What is the most important thing I want to give my attention to today?

_____
_____
_____

EVENING CHECK-IN

At the end of the day, answer:

- ♡ What made me feel proud of myself today?
- ♡ What did I learn about myself?
- ♡ How am I grateful for this day?
- ♡ How can I make tomorrow even better?



A LETTER TO MY FUTURE SELF

Write a few words to the woman you want to be in 6 months.
What do you wish for her? What do you choose for her today?

_____
_____
_____
_____

You don't have to be perfect, to make a difference. You just have to choose yourself again and again.

Today I choose myself. Tomorrow I choose again. Every day.

18. I Give Myself Permission to Receive

I Accept Love, Abundance and Goodness



For a long time you may have been doubting yourself, saying no and feeling unworthy.
This practice is here to open your heart, to remind you that you deserve to receive.
You deserve love, support, joy, peace and good people in your life.
Allow yourself to receive – without guilt and without fear.

I deserve and I allow myself to receive with an open heart.



EXERCISE: I ALLOW AND RECEIVE

Find a comfortable place. Place your hand on your heart.
Take a few deep breaths and say to yourself:
"I am worthy of love, abundance and all the good in life."
Stay like this for 5 minutes. Let these words fill your heart.

When I open my heart,
the world opens up for me.
I allow myself to receive.

1 WHAT DO I WANT TO RECEIVE?

Write down everything you wish to receive in your life.

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

2 HOW DO I FEEL WHEN I RECEIVE?

How does it feel in my body, mind and heart when I receive something good?

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

3 WHAT ARE MY REASONS FOR NOT RECEIVING?

What beliefs, fears or thoughts stop me from receiving goodness?

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

AFFIRMATIONS FOR RECEIVING

Repeat every day out loud or in your mind:

- ☐ I deserve love.
- ☐ I am worthy of receiving.
- ☐ People in my life want the best for me.
- ☐ Life supports me.
- ☐ I receive with gratitude everything that is good.

DAILY PRACTICE

Spend 5 minutes each day to:

- ☐ Be grateful for something you already have.
- ☐ Visualize receiving something new and beautiful.
- ☐ Say "yes" to help, support and kindness.
- ☐ Allow yourself to receive compliments and kind words.
- ☐ Notice and celebrate the good that comes into your life.



MY ABUNDANT FUTURE

Imagine the life you want to live.
What does it look like? How does it feel? What do you have?

_____
_____
_____
_____

You don't have to change
to be worthy.
You simply have to allow
yourself to receive.

Today I deserve and I receive all that is good.

19. I Let Go of the Guilt and Choose Peace

I Free Myself, So I Can Move Forward



Guilt holds us back in the past and prevents us from living freely.
This practice is a way to forgive – ourselves and others.
Forgiveness does not mean that we forget or justify.
It means that we choose not to carry the heaviness anymore.
Today, I choose lightness. Today, I choose peace.



EXERCISE: Forgiveness and Release

Find a quiet place. Take a few deep breaths.
Say to yourself:
"I release what no longer serves me.
I am free. I choose peace."
Write from your heart. Be honest, gentle and kind to yourself.

When you release the past,
you create space
for a brighter future.
You choose yourself.

A LETTER TO SOMEONE ELSE

Start with:

- "Thank you for..."
- "It hurt me when..."
- "I wish you..."
- "I forgive you for..."
- "I release you from..."
- "Today I choose to..."

A LETTER TO MYSELF

Start with:

- "Thank you for..."
- "It hurt me when..."
- "I wish for..."
- "I forgive myself for..."
- "I release myself from..."
- "Today I choose to..."

I LET GO OF THE GUILT WHEN:

- [ ] I understand that I did the best I could at the time.
- [ ] I accept that I am human and it is okay to make mistakes.
- [ ] I choose to learn, instead of punishing myself.
- [ ] I forgive myself and others.
- [ ] I release what is not mine to carry anymore.
- [ ] I choose peace instead of heaviness.

MY RELEASE RITUAL

- [ ] Light a candle and set the intention to release the heaviness.
- [ ] Write everything that is weighing on you.
- [ ] Read it out loud if you feel ready.
- [ ] Tear the paper and release it (e.g. burn it or throw it away).
- [ ] Take a deep breath and imagine the past staying behind you.
- [ ] Be grateful for yourself, for choosing peace.

TODAY I CHOOSE PEACE

- What do I leave behind? _____
- What do I forgive myself for? _____
- What do I wish for the future? _____
- How do I want to feel from now on? _____
- What will I do for myself next? _____

I leave behind what was heavy,
what no longer serves me.
I choose lightness, love
and a new beginning.

Today I choose lightness. Today I choose peace.

20. I Choose Love for Myself

My new choice – my new reality



The last practice is the most important.
This is your choice for the future.
You choose yourself. You choose love.
You choose the life you deserve.

Today I choose myself. Every day I choose myself.



EXERCISE: My New Choice

Take a few minutes and write about the person you want to be in the future.
Imagine that you are already living that life.
Who are you? What does your future self look like?

You are the most important project of your life. Believe in yourself, choose yourself and live courageously.

A LETTER FROM MY FUTURE SELF

Dear me,
I am so proud of you, because...
I see that you...
Most of all, I want to tell you that...

MY NEW BEGINNING IN LIFE

From today on I choose...
There is no more...
I continue to...
I take care of myself by...

MY PROMISES TO MYSELF

- [ ] I promise to always be kind to myself.
- [ ] I promise to put myself first.
- [ ] I promise to choose what is good for me.
- [ ] I promise to let go of what no longer serves me.
- [ ] I promise to be honest with my thoughts and feelings.
- [ ] I promise to live the life I dream about.

MY LOVE FOR MYSELF MEANS:

- [ ] To choose myself every day.
- [ ] To forgive myself when I make mistakes.
- [ ] To celebrate my small and big successes.
- [ ] To give myself rest without guilt.
- [ ] To speak to myself with love.
- [ ] To honor who I am, without comparison.

MY DAILY AFFIRMATION

You can repeat these words every morning and evening.
You can also create your own.

- I am an important person.
- I choose love.
- I choose peace.
- I am enough.
- I am strong, calm and worthy.
- I am creating the life I deserve.

MY NEW MANTRA

Write your personal mantra here:

I choose myself. I believe in myself.
THIS IS MY NEW BEGINNING IN LIFE.

21. I Set Boundaries That Protect Me

Boundaries don't push people away – they create respect



When I set boundaries, I am not choosing against anyone.
Boundaries are not walls, but clear rules that help me feel calm, safe and protected.
They show others how to treat me and what I need.
Today I choose the boundaries that honor and protect me.



EXERCISE: My Personal Boundaries

Take a few minutes and reflect:
What do I need? What feels good for me? What is not okay?
Where do I want to set clearer boundaries?
How can I communicate my boundaries with love and respect?

My boundaries are an act of self-love. And that is enough.

1 WHERE DO I NOT HAVE BOUNDARIES?

Describe situations, people or behaviors where I feel uncomfortable and do not set boundaries.

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

2 HOW DO I FEEL IN THOSE MOMENTS?

What do I feel when I allow others to cross my boundaries?
Describe with a few words.

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

3 WHAT BOUNDARIES DO I NEED?

What are my clear boundaries and rules that I want to set from now on?
What is important for others to know about me?

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

MY BOUNDARIES ARE:

- ☐ To say "no" when I need to.
- ☐ Not to feel guilty for taking care of myself.
- ☐ To choose who I spend my time and energy with.
- ☐ To express my needs clearly and calmly.
- ☐ To protect my peace of mind.

USEFUL PHRASES I CAN SAY:

- ☐ "I need some time."
- ☐ "That doesn't work for me."
- ☐ "I am not comfortable with that."
- ☐ "Please respect my boundaries."
- ☐ "Thank you for understanding."



MY COMMITMENT TO MYSELF

How can I honor my boundaries and stay consistent?

_____
_____
_____
_____

My boundaries are a bridge to the best version of me. They help me preserve my energy, respect and freedom.

MY DAILY PRACTICE

Choose one small action today to honor your boundaries and choose yourself:

- ♡ I will speak up when I need to.
- ♡ I will protect my time and energy.
- ♡ I will say "no" without guilt.
- ♡ I will surround myself with people who respect me.
- ♡ I will be kind, but also firm.

TODAY I CHOOSE:

- ☐ To respect myself.
- ☐ To protect my peace.
- ☐ To live a life that feels good for me.
- ☐ To set and maintain my boundaries.
- ☐ To choose me again and again.

I choose the boundaries that protect me and allow me to grow.

22. I Choose Myself in Relationships

I am my most important choice



You can love and care for others, but never forget: you come first.
When you choose yourself, you are not selfish – you are conscious.
This choice changes everything – your peace, your boundaries, your happiness and the way you love.

Today I choose myself. Every day I choose myself.



EXERCISE: MY NEEDS, MY CHOICE

Take a few minutes and connect with yourself.
Close your eyes, breathe deeply and ask:
What do I need? What makes me feel safe, loved and respected?
How can I choose myself in my relationships?

When I choose myself, I love better, set healthier boundaries and attract more love into my life.

1 WHAT DO I NEED?

What do I need in a relationship to feel good, safe and respected?

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

2 HOW CAN I GIVE THAT TO MYSELF?

What can I do to meet these needs, starting today?
Write at least 3 specific actions.

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

3 HOW DO I RECOGNIZE MY CHOICE?

How will I know that I am choosing myself?
What does it look like, feel like and sound like?
Complete the sentences:

I choose myself when _____
I say "no" when _____
I feel good when _____
I know I am on the right path when _____

MY BOUNDARIES PROTECT ME

Tick the boundaries that are important to me:

- ☐ I say "no" when I need to.
- ☐ I don't feel guilty for taking care of myself.
- ☐ I choose who I spend my time and energy with.
- ☐ I communicate openly and honestly.
- ☐ I don't accept disrespect.
- ☐ I give myself space when I need it.

MY PROMISES TO MYSELF

I promise to:

- ☐ Choose myself, every day.
- ☐ Honor my feelings and needs.
- ☐ Surround myself with people who respect me.
- ☐ Let go of relationships that drain me.
- ☐ Speak with love, even when it's hard.
- ☐ Be proud of the way I love and respect myself.

MY LIFE WHEN I CHOOSE MYSELF

Imagine your life in 6 months when you always choose yourself.
How do you feel? What does it look like? Who is around you?

_____
_____
_____
_____
_____

I choose myself, and from this place I love without losing myself. I create healthier, happier and more meaningful relationships.

I choose myself. I choose love. I choose a beautiful life.

23. I Choose to Put Myself First

I am important. My needs matter.



When I put myself first, I am not being selfish – I am choosing happiness and well-being for my whole life.
This practice helps me give myself what I need and allows me to be a better and more loving presence for others.

Today I choose myself. Because I am important.



EXERCISE: My Time, My Energy, My Choice

Find a quiet moment and answer honestly:
How do I want to spend my time?
What gives me energy? What do I need more of?
I am allowed to choose myself.

When I choose myself, everything else in my life becomes brighter.

1 WHAT DRAINS MY ENERGY?

List people, situations or habits that drain my energy.

2 WHAT DO I NEED MORE OF?

What do I need to feel joyful, calm and fulfilled?

3 HOW CAN I TAKE CARE OF MYSELF EVERY DAY?

What small actions can I include in my routine to feel better and be my best self?

MY TIME IS VALUABLE

Write 3 things I will do for myself this week:

1.
2.
3.

MY BOUNDARIES TODAY

What boundaries will I set or keep today?
What will I say "no" to? What will I say "yes" to?



MY PERSONAL COMMITMENT TO MYSELF

Write a promise to yourself – something loving you want to remember every day.

Taking care of myself is not a luxury. It is a necessity. I am important. I choose me.

Today I choose myself.

I AM IMPORTANT. MY NEEDS MATTER.

24. I Choose to Love Myself Unconditionally

The most important relationship is with me



No matter how much love you give to others,
if you don't love yourself, you will always feel a lack.
This practice reminds you to come back to yourself.
To choose yourself. Every day.

Today I choose myself. I am love.



EXERCISE: Love Myself

Take a few minutes and write a letter to yourself – like to your best friend.
Say kind words, give support and acceptance.
You deserve it.

When I choose myself, everything around me becomes brighter, kinder and more beautiful.

1 WHAT DO I LOVE ABOUT MYSELF?

Write 5 things you love about yourself – inside or outside.

- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____

2 HOW DO I TAKE CARE OF MYSELF?

Write 5 ways you can take better care of yourself today and from now on.

- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____

3 WHAT BRINGS ME JOY?

Write 5 small things that make you happy and give you peace.

- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____
- ♡ _____

MY AFFIRMATIONS FOR SELF-LOVE

Choose the affirmations that feel true for you:

- ☐ I am enough, just as I am.
- ☐ I deserve love, respect and kindness.
- ☐ I am proud of who I am.
- ☐ I choose myself every day.
- ☐ I am worthy of a happy and fulfilling life.

SMALL ACTIONS FOR MYSELF TODAY

Write 3 small actions you will do today, just for you.

1. _____
2. _____
3. _____



A LETTER OF GRATITUDE TO MYSELF

Write a few kind words to yourself today.
You can write as much as you like.

_____
_____
_____
_____

I choose myself.
I see my value.
I am enough.
I am loved.
I am always on my own side.



TODAY I CHOOSE AGAIN

Answer from your heart:

- ♡ How do I feel when I choose myself? _____
- ♡ What do I need right now? _____
- ♡ How can I give myself more love? _____
- ♡ Which woman do I want to become? _____

Self-love is not egoism.
It is your right.
It is the foundation for a happier, calmer and more beautiful life.

Today I choose myself. I am love.

25. I Choose to Believe

I believe in myself before I expect others to



Self-confidence does not mean being perfect.
It means standing by yourself, even when you doubt.
This practice is about building your inner support
and strengthening your connection with yourself.

Today I choose myself. I believe.



EXERCISE: My inner support

Take a few moments and remind yourself:
I am unique.
I am enough, just as I am.
I have everything I need within me.
This is my truth. Say it to yourself every day.

You are your greatest strength.
Believe in yourself like
you would in your best friend.

1 IN WHAT SITUATIONS DO I DOUBT MYSELF?

Describe situations where you lose confidence or are self-critical.

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

2 HOW DOES BELIEVING IN MYSELF HELP ME?

What changes when I support and believe in myself? How does it make me feel? Write at least 3 ways.

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

3 WHAT ARE MY QUALITIES THAT I AM PROUD OF?

Write at least 5 qualities that make you valuable as a person.

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

MY AFFIRMATIONS

Choose the affirmations that feel true for you:

- ☐ I respect myself.
- ☐ I trust myself and my decisions.
- ☐ I am worthy of love, respect and happiness.
- ☐ I do my best and that is enough.
- ☐ I can achieve everything I truly want.
- ☐ I believe in myself, even when it's hard.
- ☐ I am becoming the best version of myself.

HOW I SPEAK TO MYSELF

Write 3 examples of negative thoughts and replace them with supportive, kind thoughts.

Instead of: _____
I say: _____
Instead of: _____
I say: _____
Instead of: _____
I say: _____

A LETTER TO MY FUTURE SELF

Imagine yourself in the future. Write a letter to yourself.
What would you like to tell her? What are you proud of?
What has changed because you believed in yourself?

_____
_____
_____
_____

MY REMINDER

When I doubt myself, I will read this:

_____
_____
_____
_____

I choose to believe in myself.
I am my own support. I am my own strength. I am enough.

26. I Choose to Put Myself First

My life. My choice. My time.



You are not selfish when you take care of yourself.
You are responsible for yourself.
When you choose yourself – everything around you becomes better.
This practice reminds you that you have the right
to set your priorities. Every day.

Today I choose myself. I am my priority.



EXERCISE: My priority

Take a few moments and answer honestly:
What do I want for myself? What do I need?
How can I start putting myself first?
Write from the heart. Be honest and kind to yourself.

When I choose myself,
everything in my life
falls into a better place.

1 WHAT AM I GIVING UP WHEN I DON'T PUT MYSELF FIRST?

Write 5 situations, habits or people that drain my energy.

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

2 WHAT CAN I GIVE TO MYSELF?

Write 5 things I can do for myself to feel happier and more balanced.

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

3 HOW WILL I FEEL WHEN I CHOOSE MYSELF?

Write 5 feelings I want to experience when I put myself first.

♡ _____
♡ _____
♡ _____
♡ _____
♡ _____

MY RIGHTS

Tick the rights that are true for me:

- ☐ I have the right to say "no".
- ☐ I have the right to choose what is best for me.
- ☐ I have the right to take care of my physical and mental health.
- ☐ I have the right to spend time on what I love.
- ☐ I have the right to set healthy boundaries.
- ☐ I have the right to change my mind.

MY PRIORITIES TODAY

Write 3 things that I will do just for myself today.

1. _____
2. _____
3. _____



MY COMMITMENT TO MYSELF

Write a short promise to yourself – something you want to remember every day.

_____
_____
_____
_____

I choose myself.
I honor my needs.
I create a life that feels good.
I am enough.
I am my priority.



TODAY I CHOOSE:

Finish the sentences:

♡ I choose myself when _____
♡ I show myself love by _____
♡ I am proud of myself because _____
♡ My life becomes better when _____

My life.
My choice.
My happiness.
My priority.

My life. My choice. My time. I choose myself.

27. I Choose to Create My New Story



I am not repeating my past – I am creating my future.

My past does not define my future.
I have the power to choose new beliefs, new habits and new results.
This practice helps me become the author of my own life –
with awareness, courage and confidence.

Today I choose myself. I am the author of my life.



EXERCISE: My New Story

Take a quiet moment and answer honestly:
What do I want my new story to be?
What kind of person do I want to become?
What choices will lead me there?
Write freely and from the heart.

I am not my past.
I am the author
of my new story.
And it is beautiful.

1 WHAT DO I WANT MY NEW STORY TO BE?

Describe the kind of life I want to create.
What are my dreams, values and goals?

2 WHAT DO I WANT TO LEAVE IN THE PAST?

Write 5 things, beliefs or habits
I choose to let go of.

3 WHAT STEPS WILL LEAD ME TO MY NEW STORY?

Write 5 actions I can take,
starting today.

MY BOUNDARIES

I choose and set boundaries that support my new story:

- [ ] I say "no" to what drains my energy.
- [ ] I surround myself with supportive people.
- [ ] I choose environments that help me grow.
- [ ] I protect my time and my peace.
- [ ] I believe I am worthy of respect.
- [ ] I give myself permission to change.

MY COMMITMENTS TO MYSELF

Today I commit to:

- [ ] Choose myself every day.
- [ ] Take small steps towards my dreams.
- [ ] Speak to myself with kindness.
- [ ] Believe in my potential.
- [ ] Be patient and consistent.
- [ ] Celebrate my progress, no matter how small.

A LETTER TO MY NEW SELF

Write a letter to your future self.
What do you want to tell her? What are you proud of?
What promises do you make to yourself?

I create my story.
I choose love, growth
and new beginnings.
I am exactly where I need to be.
My future is bright,
and I am ready for it.

My new story begins with my choice.
I choose myself. Every day.
I am the author of my life.

28. I Choose to Take Action for Myself Today

Small steps. Big changes. A truer me.



Change doesn't happen by accident.
It happens through small choices you make every day.
This practice helps you create a plan for your actions
and continue to choose yourself on every page here.

Today I choose myself. I take action for my future.



EXERCISE: My action plan

Take a few moments and answer the questions.
Visualize the woman you want to become.
Small consistent actions create big changes.
You are capable of so much. Go for it!

It doesn't have to be perfect.
It just has to be real.
Choose yourself.
You can do it.

1 WHAT DO I WANT TO CREATE FOR MYSELF?

Describe the life you dream about.
What do you want to experience?
How do you want to feel?

2 WHAT ARE MY TOP PRIORITIES?

What is most important to me right now?
Choose 3 main areas to focus on.

1 _____
2 _____
3 _____

3 WHAT SMALL STEPS CAN I TAKE TODAY?

Write 3 small actions I can do today
that bring me closer to my goals.

1 _____
2 _____
3 _____

MY 7-DAY MINI MISSION

Choose 1 small habit to practice every day.
Check the days as you go.
I commit to doing this for myself:

_____

○ DAY 1 ○ DAY 2 ○ DAY 3 ○ DAY 4
○ DAY 5 ○ DAY 6 ○ DAY 7

HOW WILL I REWARD MYSELF?

Every step deserves recognition.
How will I celebrate when I take action today?
Write a few ideas below:

MY COMMITMENT TO MYSELF

Write a promise to yourself, who you are becoming.
I promise to:

I am taking action.
I am creating my future.
I choose growth, love and courage.
I am enough.
I am capable.
I believe in myself.

Today is the beginning of my new story.
I choose myself. Every day.
I am the most important person in my life.

29. I Choose Myself Every Day



This is the beginning of a new version of me.

This practice is not the end.
It is your **new beginning.**
With each small step, every day,
you return to yourself.
You turn into the woman who respects,
loves and chooses herself – unconditionally.

Today I'm not just breaking a pattern.
Today I'm creating my future.

The most important relationship you'll ever have is the one with yourself, because no matter what, you will always be with you.

MY PROMISES TO MYSELF

- I promise to choose myself – even when it's hard.
- I promise to listen to my needs and respect my feelings.
- I promise to set healthy boundaries without guilt.
- I promise to speak to myself with love and kindness.
- I promise to take care of my body, my mind and my soul.
- I promise not to compare myself to others.
- I promise to believe in myself – every single day.

Sign here as a promise to yourself:

WHAT I TAKE FROM THIS PRACTICE:



I AM IMPORTANT.
My feelings, wishes and needs matter.
I deserve love, respect and care – from others, but most of all, from myself.



I HAVE THE RIGHT TO CHOOSE.
I choose my thoughts.
I choose my actions.
I choose the life I want.



I CREATE MY OWN PATH.
My past does not define me.
My choices today build the future I want.

You are the most important person in your own life.

Take care of yourself. Be kind to yourself.
Choose yourself.
Create the life you dream of.

You are enough. You are valuable. You are love.

Thank you for going through this practice.
You are taking the biggest step – towards yourself.



ARE YOU READY FOR THE NEXT STEP?
CONTINUE WITH "A MAN IS A REFLECTION OF YOU."

READY FOR THE NEXT STEP? 🤍

If you've started recognizing the patterns you repeat in relationships, but now you want to understand why certain men and situations trigger the same emotions, fears, and reactions in you, your next step is:

"THE MAN IS YOUR MIRROR"

A practical course designed to help you look beyond his behavior and understand your own role in the relationship dynamic — without taking responsibility for his actions.

Inside, you'll explore the patterns, beliefs, and emotional reactions that may be influencing the relationships you create, so you can become more aware of what is within your power to change.
Your next step starts here. 🤍

EXPLORE THE COURSE →

