

# ELEVATE YOUR SELF-WORTH

EMPOWERMENT THROUGH AFFIRMATIONS



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### ABOUT THESE WORKSHEETS

Welcome to the Elevate Your Self-Worth: Empowerment Through Affirmations workbook. Dive into a journey of self-discovery and empowerment as we explore the profound impact of positive affirmations on self-esteem and self-worth. Through personalized affirmations and exercises that go along with it - all crafted to resonate with your innermost desires and aspirations - you'll embark on a transformative path towards cultivating a deeper sense of self-love and acceptance.

In this comprehensive workbook, you'll embark on a deep exploration of self-worth, uncovering the beliefs and patterns that may be holding you back and discovering strategies to elevate your sense of value and worthiness.

Throughout these worksheets, you'll find a diverse range of exercises, prompts, and tools aimed at nurturing a positive self-image and fostering a strong sense of self-belief. From identifying limiting beliefs to practicing self-compassion and setting empowering boundaries, each activity is carefully crafted to guide you towards a greater understanding of your inherent worth.

Whether you're struggling with feelings of inadequacy, seeking to overcome past traumas, or simply looking to enhance your self-confidence, "Elevate Your Self-Worth" offers a supportive framework for personal growth and transformation. With a combination of introspective journaling, practical exercises, and affirming practices, you'll develop the mindset and resilience needed to step into your full potential and embrace the radiant, worthy individual that you are.

Get ready to embark on a journey of self-discovery, empowerment, and self-love. With "Elevate Your Self-Worth," you'll unlock the keys to embracing your inherent value and living a life of confidence, authenticity, and fulfillment.

## EXERCISE 1:

# REFLECTING ON SELF-WORTH

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Take a moment to reflect on your relationship with self-worth. Consider the messages you received growing up and how they have shaped your beliefs about your value and deservingness. Write down any areas of self-doubt or insecurity that arise during this reflection. Acknowledging these feelings is the first step towards addressing and overcoming them.

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**Step 1 - Messages I received about self-worth;**

**Step 2 - How these messages shaped my beliefs about my value and deservingness:**

**Step 3 - Areas of self-doubt or insecurities that came up:**

## EXERCISE 2:

# IDENTIFYING LIMITING BELIEFS

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Identify any limiting beliefs that may be hindering your self-worth. These are thoughts or beliefs that undermine your confidence and worthiness.

### Step 1:

Take a moment to reflect on any beliefs that may be limiting your sense of self-worth. These are the thoughts or beliefs that often undermine your confidence and hold you back from reaching your full potential. Write them down below, acknowledging their presence in your life.

### Step 2:

Next up, reflect on how these limiting beliefs have influenced your thoughts, feelings, and behaviors. Consider specific situations or areas of your life where these beliefs have had the most significant impact. By gaining a deeper understanding of their effects, you can begin to recognize patterns and take proactive steps to challenge and overcome them in the next exercises.

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### **Step 1 - My thoughts or beliefs that undermine my confidence and hold me back:**

**Step 2 - How these limiting beliefs influence my thoughts, feelings, and behaviors:**

## EXERCISE 3:

# CHALLENGE LIMITING BELIEFS

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With awareness comes the power to challenge and overcome limiting beliefs. Take each belief you've identified and critically examine its validity. Challenge the validity of your limiting beliefs. Ask yourself if there is evidence to support these beliefs or if they are merely assumptions. Reframe them into empowering statements that affirm your worthiness and potential. By challenging these beliefs, you can shift your perspective and open yourself up to new possibilities. Let's do this right now!

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### **Step 1: Identify Your Limiting Beliefs**

Refer back to the list of limiting beliefs you identified in Exercise 2. Write down each belief below, ensuring clarity and specificity.



### **Step 3: Reflect on Their Impact**

Consider how each belief influences your thoughts, feelings, and behaviors. Write down specific examples or situations where these beliefs have affected your self-esteem or hindered your growth. Reflect on the emotions and behaviors that arise from these beliefs.

**My examples of how these beliefs affected my self-esteem or hindered my growth:**

#### **Step 4: Reframe Your Beliefs**

Using the insights gained from steps 2 and 3, reframe your limiting beliefs into empowering statements or affirmations. Below, rewrite each belief in a way that affirms your worthiness and potential. Focus on adopting perspectives that inspire confidence and optimism.

**My reframed beliefs that affirm my worthiness & potential:**

### **Step 5: Affirm Your Worth**

Review the reframed beliefs and choose one that resonates deeply with you. Write this specific reframed belief down as a powerful affirmation. Next up, fill this entire page with this one powerful affirmation to reinforce your new mindset and cultivate self-worth.

**I now choose to affirm my worth with this reframed belief:**

## EXERCISE 4:

# CULTIVATE SELF-COMPASSION

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Practice self-compassion by acknowledging and accepting your imperfections.

Today, it's time to write a letter to yourself expressing kindness and understanding, as you would to a dear friend facing similar struggles. Self-compassion allows you to treat yourself with the same care and compassion you would extend to others, fostering a greater sense of self-love and acceptance.

Use the following blank pages to write this self-compassionate letter.

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## EXERCISE 5:

# AFFIRMING YOUR STRENGTHS

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Recognizing and affirming your strengths reinforces your confidence and self-worth, empowering you to embrace your full potential.

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### **Step 1: Identify Your Unique Strengths**

Take some time to reflect on your personal qualities, talents, and strengths. Consider moments when you felt confident, capable, and empowered. Write down at least five attributes or strengths that you possess. These could be qualities like resilience, compassion, creativity, determination, or any other characteristic that you feel represents a positive aspect of yourself.

**My unique strengths are:**

## **Step 2: Write Affirmations Celebrating Your Strengths**

Now, using the strengths you identified in Step 1, craft affirmations that celebrate and acknowledge these qualities within yourself. Start each affirmation with "I am" or "I possess" to affirm the presence of these strengths in your life. For example:

- "I am resilient and capable of overcoming any challenge that comes my way."
- "I possess compassion and kindness, which I offer freely to myself and others."
- "I am creative and resourceful, always finding solutions to any problem I encounter."
- "I possess determination and perseverance, allowing me to pursue my goals with unwavering commitment."
- "I am confident in my abilities and trust in my capacity to succeed."

**Affirmations that celebrate my strengths:**

## EXERCISE 6:

# VISUALIZING YOUR IDEAL SELF

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Close your eyes and visualize your ideal self, embodying confidence, self-assurance, and worthiness. Engage all your senses as you immerse yourself in this empowering visualization. Write down what you see, hear, feel, and experience. Visualization allows you to manifest your desired reality and align your actions with your aspirations.

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## EXERCISE 7:

# SETTING INTENTIONAL GOALS

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Identify an area of your life where you desire more confidence. Write down specific situations or aspects where you struggle with confidence. Once you've identified your challenge, craft a clear and achievable goal that reflects the positive change you seek.

**Step 1.** For example, if you struggle with self-doubt in social situations, your goal could be: "I confidently express my thoughts and opinions in social settings."  
Write this goal down below.

**Step 2.** The next step is to write down various affirmations that reinforce your confidence and self-worth.

**Step 3.** Take time to visualize yourself achieving this goal and embodying the confidence you desire. After doing this, write down how it made you feel to be confident, to feel that you are worthy, and to experience feeling good enough.

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**Step 1 - My goal:**

**Step 2 - Affirmations that reinforce my goal:**

**Step 3 - What I noticed while visualizing being confident and feeling worthy:**

## EXERCISE 8:

# AFFIRMATIONS FOR SELF-LOVE

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Craft affirmations specifically focused on self-love and acceptance. Embrace statements that nurture feelings of love, compassion, and acceptance towards yourself. Here are a few examples to get you started:

"I am worthy of love and respect just as I am."

"I embrace my imperfections and celebrate my uniqueness."

"I choose to love and accept myself unconditionally."

"I deserve happiness, abundance, and fulfillment in all areas of my life."

"I am enough, exactly as I am, in this moment."

Self-love affirmations serve as daily reminders of your inherent worthiness, allowing you to cultivate a deeper sense of love and appreciation for yourself.

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**My affirmations that focus on self-love & acceptance:**



## EXERCISE 9:

# EMBRACING ABUNDANCE

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Let's explore the powerful connection between worthiness, abundance, and success. Take a moment to reflect on your beliefs about your own deservingness of wealth, success, and happiness.

**Step 1.** Notice any patterns of scarcity mindset that may be limiting your ability to attract abundance into your life.

**Step 2.** Now challenge these limiting beliefs by crafting affirmations that embrace abundance and prosperity, reaffirming your worthiness. For example:

- "I am inherently worthy of abundance and success in all aspects of my life."
- "My worthiness attracts endless opportunities for wealth and prosperity."
- "As I recognize my worthiness, I open myself up to receive abundance."
- "I release any beliefs that limit my ability to attract success and prosperity."
- "Every day, I affirm my deservingness of abundance and wealth."
- "I am worthy of experiencing limitless abundance and prosperity."
- "My worthiness is the foundation for my abundance and success."
- "I embrace my worthiness and welcome abundance into every area of my life."
- "As I honor my worthiness, I naturally attract abundance and prosperity."
- "I am worthy of achieving my dreams and living a life filled with abundance."

Choose affirmations that resonate with you and write them down on the next pages of this workbook. Repeat these affirmations daily to reinforce your belief in your own worthiness and abundance mindset. By embracing your worthiness, you create a powerful foundation for attracting abundance into your life.

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**Step 1 - My patterns of scarcity mindset that may be limiting my ability to attract abundance into my life:**

**Step 2 - Abundance & prosperity affirmations that reaffirm my worthiness:**

## EXERCISE 10:

# AFFIRMATIONS FOR BOUNDARIES

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Let's dive into the vital practice of setting and upholding healthy boundaries.

**Step 1.** Begin by reflecting on the importance of boundaries in your life and the areas where you may need to establish firmer limits to protect your well-being. The next 2 pages contain journaling prompts that will give you insights into how you uphold your boundaries or where you may need some changes.

**Step 2.** Now craft affirmations that affirm your right to set boundaries and honor your needs, such as:

"I am deserving of respect and consideration for my boundaries."

"Setting boundaries is an act of self-respect that I embrace."

"I honor my worth by clearly communicating my boundaries."

"My boundaries are needed for protecting my mental, emotional, physical health."

"I trust myself to set boundaries that serve my highest good."

"I release guilt or fear when asserting my boundaries."

"Boundaries are a gift I give myself to create healthier relationships."

"I am empowered to say 'no' when my boundaries are crossed."

"My boundaries reflect my self-worth and deserve to be respected."

"I am worthy of relationships that honor and support my boundaries."

Select the affirmations that resonate most with you and write them down on the next pages. If they don't quite resonate with you, rewrite them in such a way that they feel real and actually resonate with you.

Repeat these affirmations regularly to reinforce your commitment to healthy boundaries, self-care and ultimately self-love.

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**Step 1 - Reflect on your boundaries by answering the following questions:**

**Reflect on your past experiences:**

Have there been times when you felt your boundaries were violated or disrespected?  
What were those situations, and how did they make you feel?

**Consider your current relationships:**

Do you feel comfortable expressing your needs and boundaries to those closest to you?  
How do they typically respond when you do?

**Evaluate your emotional well-being:**

How often do you find yourself feeling overwhelmed, drained, or resentful in your interactions with others? Are there certain people or situations that consistently trigger these feelings?

**Explore your comfort levels:**

What activities, conversations, or behaviors do you feel comfortable with, and which ones make you uneasy or anxious? Are there any areas where you struggle to assert your boundaries?

**Assess your self-worth:**

Do you believe that you are deserving of respect and consideration for your boundaries? How does your self-worth impact your ability to set and maintain healthy boundaries?

**Reflect on past patterns:**

Have you noticed any recurring patterns or themes in your relationships or interactions that may indicate a need for stronger boundaries? What lessons can you learn from these experiences?

**Step 2 - Affirmations that affirm my right to set boundaries and honor my needs:**

## EXERCISE 11:

# SELF-WORTH THROUGH GRATITUDE

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Take a moment to reflect on your journey towards recognizing your self-worth. Write down what you are grateful for in yourself, your strengths, experiences, and personal growth. By focusing on the positives in your life, you can strengthen your sense of self-worth and cultivate a mindset of abundance and contentment.

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## EXERCISE 12:

# CULTIVATING INNER PEACE

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Embark on a journey of self-discovery and inner peace with this meditation exercise designed to cultivate a profound sense of self-worth and tranquility.

**Step 1.** Begin by finding a comfortable seated position, closing your eyes, and taking a few deep breaths to center yourself. As you breathe, visualize a soft, warm light surrounding you, filling you with a sense of calm and tranquility. With each inhale, draw in this peaceful energy, and with each exhale, release any tension or stress.

As you continue to breathe deeply, bring your awareness to the present moment. Notice the sensations in your body, the sounds around you, and the gentle rise and fall of your chest with each breath.

With each breath, affirm your worthiness to experience inner peace and serenity. Repeat positive affirmations such as "I am deserving of peace," "I am worthy of love and compassion," or "I embrace my inherent worthiness." Allow yourself to fully inhabit this moment, free from judgment or expectation. Embrace the feeling of peace and acceptance that washes over you, knowing that you are worthy of experiencing this sense of tranquility.

Continue this practice for as long as feels comfortable, allowing yourself to fully immerse in the feelings of inner peace and self-worth. When you are ready, gently open your eyes and carry this sense of calm with you throughout your day.

**Step 2.** Take a moment to reflect on the affirmations you used during this practice. Write them down on the next page, so you can revisit them regularly as a reminder of your inherent worthiness and the peace that resides within you.

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**Step 2 - My affirmations around my worthiness to experience inner peace & serenity:**

## EXERCISE 13:

# SELF-WORTH & SELF-EXPRESSION

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Self-expression is not just about voicing your thoughts and feelings; it's a powerful tool for nurturing self-worth. In this exercise, we'll delve into the connection between self-expression and self-worth through reflection and positive affirmations.

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### **Step 1. Reflect on Your Relationship with Self-Expression:**

- How do you currently express yourself in different areas of your life?
- What fears or barriers do you face when it comes to expressing your true self?
- How does self-expression contribute to your sense of self-worth?

**Step 2. Identify Negative Beliefs and Blocks:**

- What negative beliefs or self-doubts arise when you consider expressing yourself authentically?
- Are there past experiences that have influenced your ability to express yourself freely?
- How do these beliefs or blocks impact your self-worth and confidence

### **Step 3. Challenge Negative Thoughts:**

- Turn each negative belief or block into a question: "What if I could..." or "How can I..."
- For example, if you believe "I'm not talented enough to express myself creatively," challenge it with "What if I could explore new forms of expression and discover hidden talents within myself?"

## EXERCISE 14:

# AFFIRMING YOUR RESILIENCE

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Let's embark on the journey of affirming your resilience in the face of life's challenges. Begin by acknowledging the importance of resilience in navigating adversity and setbacks.

**Step 1.** Craft affirmations that honor your resilience and inner strength. Here's a few examples that may help you create affirmations for yourself.

"I am resilient and capable of overcoming any challenge."

"I embrace challenges as opportunities for growth and learning."

"I trust in my ability to navigate adversity with grace and courage."

"My resilience empowers me to face life's obstacles with confidence."

"I am resilient, and my strength grows with each challenge I overcome."

Tailor these affirmations to align with your unique experiences and beliefs. Make them resonate with your journey and empower you to face life's ups and downs with confidence.

**Step 2.** Choose one of the affirmations that you crafted for yourself, preferably one that feels really challenging to believe. You know, one that triggers this inner voice to say "Sure, that sounds fun and all, but I'm not buying this. This is not true, no matter how often you repeat this affirmation to me."

This is the affirmation that you are going to write down in this workbook, multiple times, until you have filled 2 pages with this one affirmation. As you write this affirmation multiple times, you start to notice a shift within yourself and it starts to feel more acceptable, more as truth that you can indeed accept.

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**Step 1. Affirmations that honor my resilience and inner strength:**

**Step 2. My most challenging affirmation regarding resilience & inner strength:**



## EXERCISE 15:

# SOLIDIFY YOUR PROGRESS

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Congratulations on reaching the pinnacle of your self-worth journey! Now it's time to solidify your progress and infuse your life with the power of positive affirmations.

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### **Step 1: Reflect on Your Journey**

Take a moment to look back on how far you've come. Write down three moments of growth or self-discovery you've experienced during this journey. Celebrate your victories, no matter how small, and acknowledge the challenges you've overcome. Embrace the lessons you've learned, knowing that each step has brought you closer to embracing your worthiness.

**Growth or self-discovery moment 1:**

**Growth or self-discovery moment 2:**

**Growth or self-discovery moment 3:**

## **Step 2: Craft Your Personal Affirmations**

Now, it's time to craft your personal affirmations. Choose statements that resonate deeply with you and reflect the values, qualities, and aspirations you hold dear. Whether it's affirming your strength, resilience, or inherent worth, let your affirmations serve as guiding lights on your journey to self-love and acceptance.

**My affirmations that reflect the values, qualities, and aspirations I hold dear:**

### **Step 3: Establish Your Affirmation Ritual**

Now, it's time to establish your affirmation ritual. Below write down your own affirmation ritual, during which you are going to immerse yourself in the energy of your affirmations. Make sure to include choosing a time of day that feels most aligned with your routine and then commit to practicing your affirmations consistently. Whether it's through meditation, journaling, or repeating them aloud, make this ritual a sacred part of your daily routine.

**My daily affirmation routine will look like this:**

#### **Step 4: Commit to Consistency**

Consistency is key to unlocking the transformative power of affirmations. Below, write down three strategies you'll use to stay consistent with your affirmation practice. Make it a habit to have "no more zero days"; days on which you do nothing to help you reach your goal of rediscovering and maintaining your self-worth. No matter how big or small, just do something each and every day.

Consider setting daily reminders on your phone, creating a visual affirmation board, or enlisting an accountability partner to support you on your journey. Remember, even on challenging days, trust in the process and allow the affirmations to shape your self-perception.

**Strategy 1 to stay consistent with my affirmation practice:**

**Strategy 2 to stay consistent with my affirmation practice:**

**Strategy 3 to stay consistent with my affirmation practice:**

### **Step 5: Embrace Your Worthiness**

As you embark on this journey of self-discovery and empowerment, affirm your inherent worthiness. Below, write down one powerful affirmation that encapsulates your newfound sense of self-love and acceptance. Embrace this affirmation as a guiding light, reminding yourself that you are worthy of love, happiness, and abundance.

**My #1 powerful affirmation that I am worthy of love, happiness, and abundance:**

# ELEVATE YOUR SELF-WORTH

## EMPOWERMENT THROUGH AFFIRMATIONS



### YOU DID IT!

As you've reached the end of this workbook, take a moment to acknowledge the progress you've made in your journey to elevate your self-worth.

Each reflection, affirmation, and action you've taken is a testament to your commitment to your own growth and well-being. Remember that self-worth is not about perfection, but about embracing your inherent value and worthiness.

As you move forward, continue to nurture and cultivate your self-worth with kindness, compassion, and self-love. Know that it's okay to have moments of doubt or insecurity, but always remind yourself of your inherent worthiness. You are deserving of love, respect, and happiness, simply because you exist.

In times of doubt, let these words resonate within you:

**"YOU ARE WORTHY OF LOVE AND BELONGING, JUST AS YOU ARE. YOUR WORTH IS NOT DETERMINED BY EXTERNAL VALIDATION OR ACHIEVEMENTS, BUT BY THE INHERENT VALUE YOU HOLD WITHIN."**

May this workbook serve as a guide and companion on your journey to greater self-worth and self-love. Embrace each exercise with an open heart and a willingness to explore and embrace your true worth. You are enough, just as you are, and your worthiness knows no bounds.

# ELEVATE YOUR SELF-WORTH



## WAIT UP, YOU GORGEOUS SOUL!

Congratulations on completing your Unveiling Your Limiting Beliefs worksheets! You have taken an important step towards prioritizing self-love and acceptance. But self-love is an ongoing journey, and sometimes we need a little extra guidance and support to stay on track. That's why I'm excited to introduce my 3 week self-love course:

### "Self-Love Activation: Unlock the Power of Self-Love"

The Self-love Activation, guided by me, Larissa den Enting, is a transformative experience crafted to guide you through healing from within. Together, we'll unravel the layers of trauma and cultivate a profound sense of self-love.

This isn't just a package; it's a journey toward self-love, crafted for those who have carried the weight of trauma and battled feelings of unworthiness. Throughout our three weeks together, you can expect:

#### **Trauma-Informed Care:**

As an experienced coach and EMDR therapist, I understand the nuances of your journey. Together, we'll navigate through the layers of trauma, fostering a safe and healing environment.

#### **Worthiness Redefined:**

Break free from the shackles of unworthiness and redefine your sense of self-worth. This isn't just about affirmations; it's about deep, transformative work that leaves you feeling truly deserving of love and happiness.

#### **Inner Empowerment:**

Witness a profound shift in your self-perception. Our sessions will empower you to reclaim control over your narrative, shedding the layers of trauma that have held you back.

#### **Lasting Results:**

This journey isn't just about temporary relief. The Self-love Activation is designed to create lasting transformation within yourself—transformations that extend far beyond our three weeks together.

If you are ready for a journey toward self-love, then the Self-love Activation is designed for you! So are you prepared to confront the shadows of your past? To break free from the chains of unworthiness? And to build a foundation for lasting self-love?

**YOU DESERVE THE BEST!**