

SELF-WORTH TRANSFORMATIONAL JOURNAL - SELF-WORTH TRANSFORMATIONAL JOURNAL - SELF-WORTH TRANSFORMATIONAL JOURNAL - SELF-WORTH TRANSFORMATIONAL JOURNAL - SELF-WORTH TRANSFORMATIONAL JOURNAL



THE 30-DAY
SELF-WORTH
TRANSFORMATIONAL JOURNAL

A 28-DAY JOURNAL
DESIGNED FOR PEOPLE
SEEKING TO TRANSFORM
THEIR MINDSET REGARDING
SELF-WORTH.

IF ANY OF THIS SOUNDS LIKE YOU...

- You have self-doubt. You delay making decisions. If you do make decisions you second guess them.
- You constantly worry about what others might think of you. You not only want but need to be liked. You keep revisiting things you said to others in your head and try to understand how it might have landed on them and what they might think of you now.
- You engage in upward social comparison with people you think are better than you
- You feel behind in life. Many of your thoughts start with “ I should...”
- You let your fear of failure stop you from going after the things you truly want in life. Instead of going all in on your dreams, you make excuses or minimize them.
- You tend to blame other people or circumstances for not moving forward and always find a reason why right now is not a good time to start or continue to work on the things you actually want.
- You struggle with pleasing people, have a hard time saying no and are unsure about your boundaries. You apologize A LOT.
- Some days you just feel so drained, hopeless and unworthy.
- You are your harshest critic and say things like “ I am such an idiot.” . It might be so extreme that people already made you aware of it.
- No matter how big your latest achievement was or how proud you were of making progress, feeling good about yourself never lasts long and a few days later you go back to feeling like a failure.
- Secretly you think that if people know who you really are, they will leave you. In general you have attachment issues and fear of abandonment when it comes to friendships and relationships. You even often worry about losing your job or business (even if there are no real life reasons for feeling so anxious).
- You and/or others consider yourself a perfectionist.

THIS JOURNAL IS RIGHT FOR YOU!

ABOUT THE JOURNAL

- It combines self-awareness, mindfulness and self-kindness elements to help you significantly improve your self-worth and with that quality of life.
- Here are just a few of the positive benefits you can expect when using this journal for a minimum of 30 days:
- Learn to listen to your intuition and reconnect with your authentic self
- Finally see your inner beauty and let it shine through in everything you do
- Feel less stressed and uncomfortable - even when life gets challenging
- Become more confident and tap into your full creative potential
- Unlock hidden talents and skills and tap into your full potential
- Find your inner courage to stand up for yourself, your dreams and for others
- Be in general more calm, cool and collected
- Gain a positive outlook on life, more energy and finally feel enthusiastic about life and your dreams again
- Stop pushing people away with neediness and instead become even more attractive because of your the good vibes you feel and radiate
- Stop reacting from a place of fear and scarcity and start creating from a place of love and abundance
- Embrace your imperfections and use them to your advantage instead of trying to hide them and feeling ashamed of them
- Prioritizing your physical and emotional needs. Validate your feelings and prioritize your mental health and well-being.
- Become your own biggest fan and most loyal friend and give yourself the unconditional support you need to make the most out of your life and natural gifts.

SELF-WORTH JOURNAL

HOW TO GET THE MOST OUT OF THIS JOURNAL

For the next 28 days, use the following journal pages to:

Step #1: Practice one self-love affirmation per week

Step #2: Everyday write down three things you did to show yourself some kindness, patience, acceptance or support today*

Step #3: Everyday write down 3 things you did well on that day*

Step #4: Everyday choose 1 of the 28 journal prompts below to dig a bit deeper

*This can be big or the littlest things. Like you could like the color of your eyes or the way you make your bed.



SELF-WORTH JOURNAL

AFFIRMATIONS

WEEKLY AFFIRMATIONS

AFFIRMATION WEEK 1

“ I am that bitch. I am worthy and valuable, and my needs, desires, goals, and dreams matter.”

AFFIRMATION WEEK 2

“ I choose my own happiness over fitting in boxes.”

AFFIRMATION WEEK 3

“ I don't need to prove shit to anyone. I am a good person and have plenty to be proud of about myself.”

AFFIRMATION WEEK 4

“ I know who the fuck I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day.”



WEEK 1

“ I AM THAT BITCH. I AM WORTHY AND VALUABLE, AND MY NEEDS, DESIRES, GOALS, AND DREAMS MATTER.”

day #1 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I am that bitch. I am worthy and valuable, and my needs, desires, goals, and dreams matter.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

What is important to me? Why is it important?

day #2 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I am that bitch. I am worthy and valuable, and my needs, desires, goals, and dreams matter.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

I am my most authentic self when I...

day #3 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I am that bitch. I am worthy and valuable, and my needs, desires, goals, and dreams matter.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

What does unconditional self-love look like to me?

day #4 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I am that bitch. I am worthy and valuable, and my needs, desires, goals, and dreams matter.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

What do I value about myself?

day #5 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I am that bitch. I am worthy and valuable, and my needs, desires, goals, and dreams matter.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

day #6 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I am that bitch. I am worthy and valuable, and my needs, desires, goals, and dreams matter.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

Is there a flaw I have that I can begin to look at in a more positive light?

day #7 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I am that bitch. I am worthy and valuable, and my needs, desires, goals, and dreams matter.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

What self-sabotaging behaviors am I planning to quit? When and how can I let go of these thoughts or behaviors?

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WEEK 2

“ TODAY, I CHOOSE TO BE
HAPPY AND EMBRACE
LOVING MYSELF
ABUNDANTLY.”

day #8 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ Today, I choose to be happy and embrace loving myself abundantly.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

What are things I would not change about my body?

day #9 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ Today, I choose to be happy and embrace loving myself abundantly.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

Take today to research self-love quotes. Which ones resonate most with you and why?

day #10 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ Today, I choose to be happy and embrace loving myself abundantly.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

Write down your three biggest accomplishments. What do these wins say about your characters?

day #11 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ Today, I choose to be happy and embrace loving myself abundantly.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

What are your standards when it comes to friendship? What type of friend do you want to be? What qualities do you look for in friends? What behavior disqualifies someone as a friend?

day #12 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ Today, I choose to be happy and embrace loving myself abundantly.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

Review your answer to yesterday's journal prompt and now ask yourself if you are showing up as your own best friend? What do you need to change to be a better friend to yourself?

day #13 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ Today, I choose to be happy and embrace loving myself abundantly.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

What do you need from others to feel loved? What would your parents, friends, partner, children, co-workers, employees, clients, etc. need to do or say to make you feel valued and appreciated? What would need to change?

day #14 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ Today, I choose to be happy and embrace loving myself abundantly.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY’S JOURNAL PROMPT

Review your answer to yesterday's journal prompt and now ask yourself if it is true that you need these things from other people. What ways can you think of to give more of the things you need to yourself?

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WEEK 3

“ I DON'T NEED TO PROVE SHIT
TO ANYONE. I AM A GOOD
PERSON AND HAVE PLENTY TO
BE PROUD OF ABOUT MYSELF.”

day #15 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I don't need to prove shit to anyone. I am a good Person and have plenty to be proud of about myself.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

Which of your habits and behaviors make you lose self-respect? What about them makes you lose respect for yourself?

day #16 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I don't need to prove shit to anyone. I am a good Person and have plenty to be proud of about myself.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S GRATITUDE JOURNAL PROMPT

Review your answer to yesterday's journal prompt. If someone you unconditionally loved would tell you about these behaviors how would you feel about them? What would you advise? How can you follow your own advice?

day #17 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I don't need to prove shit to anyone. I am a good Person and have plenty to be proud of about myself.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

day #18 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I don't need to prove shit to anyone. I am a good person and have plenty to be proud of.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

Write down all the things you dislike about yourself. Once you are done, look at all these as if they were written by someone you unconditionally love. Are they really this bad or are you more critical with yourself than with others? Go through all the things and think what you actually want to change and what you can just start accepting as a trait or aspect about yourself that adds to your uniqueness.

day #19 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I don't need to prove shit to anyone. I am a good person and have plenty to be proud of about myself.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY’S JOURNAL PROMPT

Take a few deep breaths. Scientists say the odds of you being born are at least 1 in 400 trillion. How do you feel about being such a miracle? How can you embrace this fact on a daily basis?

Blank lined area for journaling.

day #20 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I don't need to prove shit to anyone. I am a good person and have plenty to be proud of about myself.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

What advice would your 90-year old self give you about life and self-love?

day #21 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I don't need to prove shit to anyone. I am a good person and have plenty to be proud of about myself.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

Think of good decisions you have made for yourself in the past.
What can you learn from these decisions?

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WEEK 4

“I KNOW WHO THE FUCK I AM. I LOVE WHO I AM. I LOVE THE WAY I DO THINGS AND I LOVE THE WAY I GROW AS A PERSON EVERY SINGLE DAY.”

day #22 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I know who the fuck I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

What makes you lose track of time? What do you love about it?

day #23 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I know who the fuck I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

Think of a moment where you were really brave. What gave you courage? How did you feel?

day #24 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I know who the fuck I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

Make a list of 5 songs and 5 quotes that make you feel powerful and like you can do anything. Think of strategies that will help you to use them on days where you feel down.

day #25 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I know who the fuck I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

day #26 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I know who the fuck I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

A series of 20 horizontal lines for writing or drawing, spaced evenly down the page.

day #27 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I know who the fuck I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

Do you expect perfection from others? If yes, is it realistic and helpful to do that? If not, why is it that you expect it from yourself? Is it realistic and helpful?

day #28 DAILY SELF-WORTH

TODAY'S AFFIRMATION

“ I know who the fuck I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day.”

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY

TODAY'S JOURNAL PROMPT

Cast a vision for yourself: How does the most self-loving version of yourself go through life? How do they hold themselves? How do they show up for themselves and others? What do they work on? What are they passionate about? What does their schedule look like? How do they relate to and communicate with others? How do they practice self-care and how do they set boundaries?
