

7 DAY

Self-Worth Guide



THE
Self-Worth
MOVEMENT™



Welcome *Glitterbombs*

The Self-Worth Movement is here to help you validate you - you are worthy, strong, fearless and important. Our innate sense of self can be battered by the trials and tribulations of life.

When our self-worth is depleted so too is our self-love, which robs the world of our sparkle. When women reclaim their self-worth they discover they have an inner life-changing superpower. They overcome adversity with strength and grace, achieve their hopes and dreams and become authentically themselves.

7 DAY

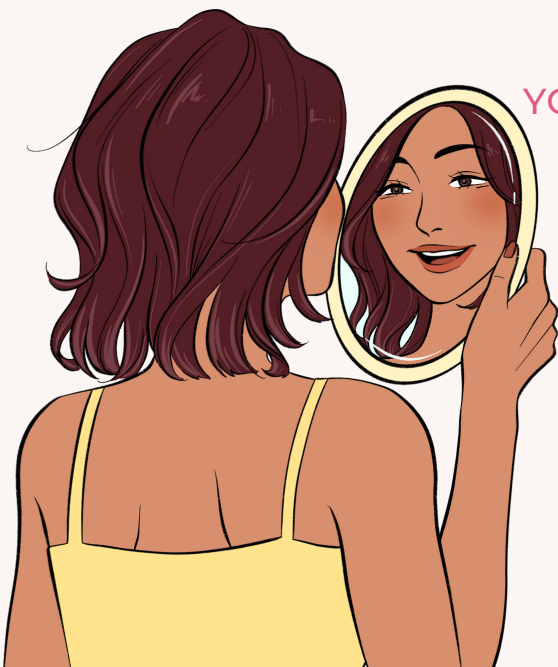
Self-Worth Challenge

Day 1: Mirror Magic

When you look in the mirror, who do you see reflecting back at you? Do you see the uniquely gifted, beautiful woman that you truly are? Do you see a world-changer looking back at you? That is who you are...a wonderful worthy woman! When was the last time you said; 'I love you' to you?

With a chalkboard or whiteboard marker, write 3 qualities on your bathroom mirror that you love about yourself, or want to work on and enhance to add extra sparkle to your spirit ... starting with "You are."

Look at them each morning when you wake, and every evening before you go to bed. Say those words out loud to yourself while looking at your beautiful reflection.



YOU ARE WORTHY
YOU ARE COURAGEOUS
YOU ARE STRONG

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Day 2: Experience the Power of Affirmations

Write down a daily affirmation on a piece of paper and carry it with you throughout the day.

What is it that you need to reassure yourself of?

Whenever you're feeling challenged, excited, tired or proud of yourself, take out the paper and read it to yourself.

I AM A WORTHY WOMAN.
I AM A WONDERFUL MAMA.
I AM STRONG, KIND & CAPABLE.



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Day 3: Meditate

Give yourself the gift of time and a clear mind. The power of meditation is phenomenal! Meditation is life changing, and a healing gift for your body, mind and spirit. As you learn and grow on your meditation journey, you can expand your practice and your mind with new meditation styles.

Even if it is only 5-10 minutes, make that appointment with your beautiful self to meditate, to calm your mind and soothe your soul.

Its is also a self-care love-gift you can give to yourself with compassion and kindness. When you give yourself the gift of meditation, you will connect in with your authentic self.



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Day 4: Write a letter or two

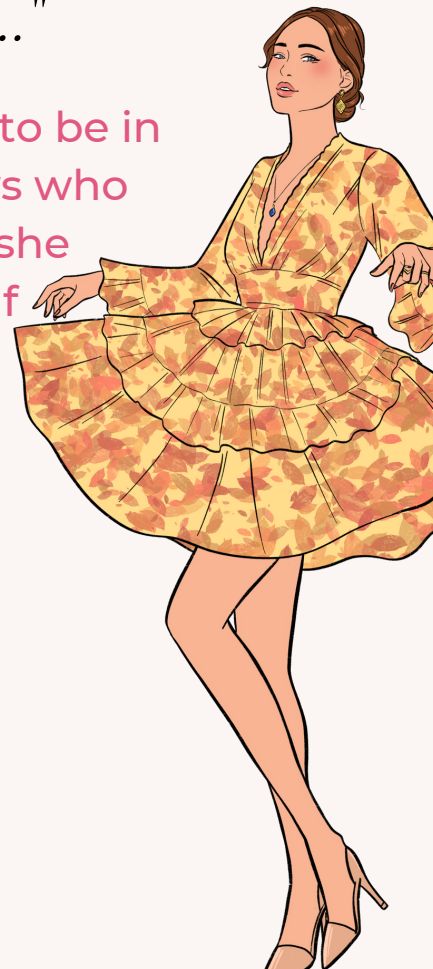
Start with "Dear Younger Me..."

Take the time to reflect on your past, and see how much you've grown, achieved and overcome.

Write to your younger self to reassure her how wonderful and worthy she is, and that everything will be ok.

Start with "Dear Future Me..."

Take the time to visualise who you want to be in the future. A worthy woman who knows who she is, what she stands for and what she wants to say! Thank your future self for the woman she has become.



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Day 5: Nourish your Mind & Soul

Take a little digital detox and pick up an inspirational book to fill your mind with positive thoughts and sparkly inspiration.

This gives you a moment of blissful escapism that can feed your soul.

Our recommended reading list to empower, inspire and enjoy:

The Life Plan - Shannah Kennedy

Go-Getter - Emma McQueen

Winging It - Emma Isaacs

The Untethered Soul - Michael A. Singer



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Day 6: Write down 5 Qualities About Yourself

If you struggle with this, ask a friend or a family member what strengths they see in you.

We like to use our hands to remember and remind ourselves of these 5 qualities throughout the day.

Hold up your hand and say your first quality. Put down the first finger. Then say your second quality and put down the next finger, and so on. When you've said all five, place both hands over your heart-space and breathe until you feel how valuable, important, and wonderfully worthy you truly are.



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Day 7: Surround Yourself with Your Sparkle Squad

Write down the people you spend most of your time with now.

Do they put a little sparkle in your heart? Are they your personal cheerleaders? Are they kind, encouraging and compassionate? Do they help you be your best sparkly self?

If no ... make the decision to gently let go of the people that no longer fill your love cup.

There's a quote we love:

"People come into your life for a reason, season or a lifetime."



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Self-Worth Challenge

Extra self-worth tips to keep you going on your self-love journey

BE KIND

Kindness creates kindness. Think of a random act of kindness you can do for someone and how gloriously happy it would make them. Use that as motivation to follow through and fulfill the act of kindness! No expectations, just unconditional love.

BE YOUR BEST SPARKLY SELF

Comparison is the thief of joy. Stop comparing yourself to others on social media, in the workplace, at school or anywhere!

Catch some zzzz's

Go to bed early tonight, or carve out time for an afternoon nap... or do both!



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Extra self-worth tips to keep you going on your self-love journey

ACCEPT COMPLIMENTS

When we struggle with self-worth, we often find it hard and uncomfortable to accept compliments. Create an automatic response for when someone compliments you. For example:

"Thank you, that's so kind of you to say."

SMILE!

Whenever you need a boost of self-worth, find a mirror, (whether it be your bathroom mirror, compact or rear-view mirror in the car) and smile at your beautiful self!

A GORGEOUS BOUQUET

Treat yourself to a bunch of flowers. Choose the type of flowers that make your soul sing! We love pink roses in our office, and fresh flowers in the home to bring extra life to our days.



Self-Worth Challenge

Extra self-care tips to keep you going on your self-love journey

SAY A LITTLE PRAYER

Prayer is powerful. Whatever your beliefs are, take a moment each day to pray for the things that are important to you and express gratitude for the things you have.

THE GLORY DAYS

Think about a happy time in your life when you were living your best life. Meditate on that memory. Feel the joy inside as you focus on that magical moment.

GET CRAFTY

Create a vision board to help you envision your hopes, dreams and goals into fruition. It's a great way to get your creativity flowing while still taking the time to focus on yourself. Display your vision board in your office, bedroom, bathroom — wherever feels right, so that you can remind yourself of your purpose, dreams and ambitions.

Remember:
You are Worthy.
You are Kind.
You are Capable.
You are Strong.
You are Loved.

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