

*Empowered: mind, body & soul*   
Group mentorship & healing

# *Workbook*



# YOUR VALUE

MICHELE DEROSA HEALING & COACHING



# HELLO BEAUTIFUL SOUL,

*You are a valuable, worthy,  
and magical being. Please  
don't ever forget that!*

I invite you to complete the  
exercises in this workbook.

A strong sense of self-worth  
and believing in your inherent  
value are fundamental for  
your personal empowerment!



## SOME SIGNS YOUR SELF-WORTH NEEDS STRENGTHENING

- ✓ Perfectionism
- ✓ Giving while being uncomfortable receiving
- ✓ Feeling the need to always go above & beyond
- ✓ An inability to set and enforce boundaries a.k.a say "no" or protect your time, space, energy, & resources
- ✓ Taking on too much, always needing to be busy, and denying yourself rest & self-care
- ✓ Negative self-talk, self-criticism, and self-doubt
- ✓ The need for validation & approval from others
- ✓ Feeling as though you have a lack of choice
- ✓ Neglecting your needs in favor of caring for others
- ✓ Frequent use of supposed to/should/shouldn't/have to/can't
- ✓ Excessive judgment of yourself & others and frequently comparing yourself to others



## STRENGTHENING YOUR SELF-WORTH

- ✓ Remember your inherent worth & value your unique gifts
- ✓ Connect with your inner child
- ✓ Become aware of your thoughts & revise the disempowering ones
- ✓ Mirror-work
- ✓ Affirmations
- ✓ Discover yourself
- ✓ EFT/Tapping
- ✓ Surround yourself with supportive people
- ✓ Practice self-care
- ✓ Heal yourself
- ✓ Be a friend to yourself
- ✓ Try new things
- ✓ Have fun
- ✓ Empower yourself

# SELF-WORTH IS GOVERNED BY YOUR SOLAR PLEXUS CHAKRA



## Self-worth playlist

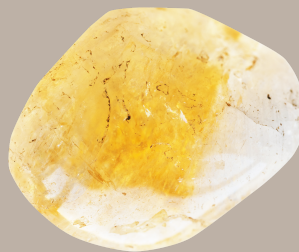
This is me – The Greatest Showman Soundtrack  
Damn it feels good to be me – Andy Grammer  
F\*in Perfect – P!nk  
You say – Lauren Daigle  
Broken & beautiful – Kelly Clarkson  
Love Myself – Andy Grammer  
Bones (twocolors remix) – Imagine Dragons



## Crystals for self-worth



rose quartz

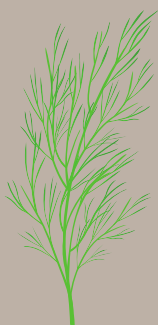


citrine



carnelian

## Aromatherapy for self-worth



fennel



helichrysum



lemon



peppermint

# SELF-WORTH AFFIRMATIONS

I am worthy without having to do a thing.

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I was born worthy.

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I can say “no” without any excuses when something isn't  
right for me.

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I have a right to my own opinion, and it doesn't have to  
align with anyone else's.

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I am a good person, and I don't need to prove it to  
anyone.

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My best is always good enough.

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I deserve to be loved, happy, and to enjoy my life.

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I deserve to experience pleasure in my life.

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I am at peace with making mistakes. They are a part of my growth..

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I love myself as I am, even if there are things I'd like to change.

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I am capable of incredible things and can achieve my goals.

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I do what feels right to me, not what I'm supposed to do.

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I am at peace with my body and mind.

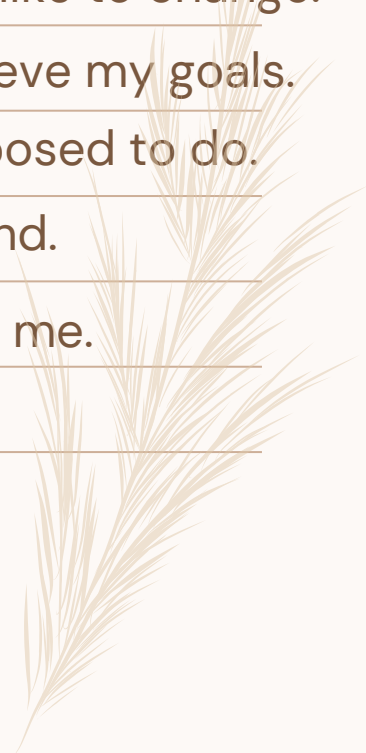
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I accept myself and everyone around me.

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I grow and learn every day.

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# SELF-WORTH AFFIRMATIONS

My imperfections are what make me perfect.

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I deserve to take good care of myself.

---

I forgive myself and others for hurting me.

---

I contribute wonderful things to this world.

---

I believe in myself.

---

I love and support myself.

---

I am worthy, and my worth isn't affected by anyone else's opinion.

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I am allowed to rest, without having to earn it.

---

I approve of myself, and that's the only approval I need.

---

I am allowed to try new things, be imperfect, and make mistakes.

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I give AND receive.

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I deserve to make myself a priority.

---

I have important gifts to share with the world.

---

I am capable of anything.

---

I am successful.

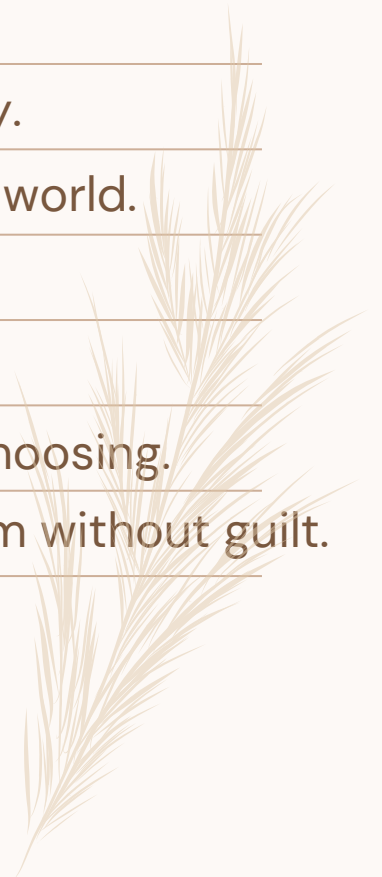
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I deserve to live a big, happy life of my choosing.

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My wishes and needs matter and I will fulfill them without guilt.

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# WRITE YOUR INNER CHILD A LETTER

Do you have a picture of your younger self that you can use for inspiration? Afterwards, post it where you will see it every day.

Dear \_\_\_\_\_

You are so special because...

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I want you to know...

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Please forgive me for...

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My promise to you is....

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Love,

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STARTING TODAY, I WILL...  
(MAKE A COMMITMENT TO YOUR WORTHY SELF)

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WHEN I FORGET MY VALUE, I  
WILL...

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*Michele DeLosa*  
*Healing & Coaching*

ENERGY HEALING  
SOUL COACHING

[www.spreadingthecheer.com](http://www.spreadingthecheer.com)