

# SELF-WORTH RESET: 7 DAYS TO START LOVING YOURSELF AGAIN



A MINI WORKBOOK FOR BREAKING FREE  
FROM CODEPENDENCY & EMBRACING YOUR  
WORTH



## ABOUT THE AUTHOR

Randi Corrigan, MA, LMHC is a licensed mental health counselor specializing in relational trauma and addiction, with over 11 years of experience helping individuals heal and reclaim their self-worth.

## WELCOME

You are worthy of love, respect, and happiness—just as you are. If you've spent years seeking validation from others, neglecting your own needs, or feeling “not enough,” this 7-day Self-Worth Reset will help you shift your mindset and start embracing your true value.

Each day, you'll find:

- ✓ A Mindset Shift to reframe negative beliefs
- ✓ A Self-Care Challenge to practice self-love
- ✓ A Journal Prompt to reflect and grow
- ✓ An Affirmation to anchor your new belief

Let's begin your journey back to you! 💜



# RECOGNIZING YOUR INHERENT WORTH

**Mindset Shift:** You do not have to earn love—you are worthy just by being you.

**Journal Prompt:** What would change if you fully believed in your worth?

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**Self-Care Challenge:** List at least 5 things you appreciate about who you are (not what you do)

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**Affirmation:** *I am enough exactly as I am.*



# RELEASING THE NEED FOR EXTERNAL VALIDATION

**Mindset Shift:** Your worth is not determined by how others see you—it’s an inside job.

**Journal Prompt:** Where in your life do you seek validation? How can you start validating yourself?

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**Self-Care Challenge:** Take a break from seeking approval today. Make a decision based solely on what you want

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**Affirmation:** *I give myself the approval I seek.*



## SETTING BOUNDARIES WITH CONFIDENCE

**Mindset Shift:** Boundaries are not selfish—they are an act of self-love.

**Journal Prompt:** What boundary do you need to set, and how will it support your self-worth?

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**Self-Care Challenge:** Say no to something that drains your energy.

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**Affirmation:** *I honor myself by setting healthy boundaries.*



# REWRITING NEGATIVE SELF-TALK

**Mindset Shift:** The way you speak to yourself shapes your reality—choose kindness.

**Journal Prompt:** What negative beliefs about yourself do you want to let go of?

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**Self-Care Challenge:** Replace one self-critical thought today with a kind, empowering one.

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**Affirmation:** *I speak to myself with love and compassion.*



## PRIORITIZING YOUR NEEDS

**Mindset Shift:** Your needs matter just as much as anyone else's.

**Journal Prompt:** What makes you feel fulfilled, and how can you incorporate more of it?

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**Self-Care Challenge:** Do one thing today just for you—something that brings you joy.

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**Affirmation:** *I deserve to take up space and prioritize myself.*



## LETTING GO OF GUILT & SHAME

**Mindset Shift:** You are not defined by your past or mistakes—you are always growing.

**Journal Prompt:** What would life look like if you released guilt and embraced self-compassion?

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**Self-Care Challenge:** Write down something you feel guilty about. Forgive yourself.

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**Affirmation:** *I give myself permission to heal and move forward.*





## DAY 7: STEPPING INTO YOUR POWER

**Mindset Shift:** You are strong, capable, and worthy of a fulfilling life.

**Journal Prompt:** How will you continue honoring your self-worth moving forward?

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**Self-Care Challenge:** Do something today that makes you feel powerful—dress up, speak up, take action!

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**Affirmation:** *I am worthy of love, respect, and joy—  
every single day.*

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"YOU YOURSELF, AS  
MUCH AS ANYBODY IN  
THE ENTIRE  
UNIVERSE, DESERVE  
YOUR LOVE AND  
AFFECTION."

– BUDDHA ✨❤️

# WHAT'S NEXT?



You've started the journey of self-worth—now keep going! If you're ready to go deeper, my Empowered Woman Coaching Program is here to help you break free from codependency, build confidence, and create a life that reflects your true worth.

✨ Learn more & join here:



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