

**Empowered Minds** 

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



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

E M P O W E R E D M I N D S M H C P L L C . C O M



#### **ABOUT THE AUTHOR**

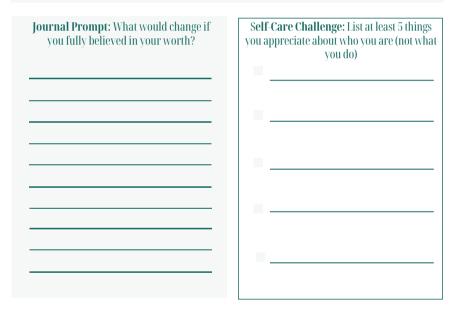
Randi Corrigan,MA, LMHC is a licensed mental health counselor specializing in relational trauma and addiction, with over 11 years of experience helping individuals heal and reclaim their self-worth.

#### 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!



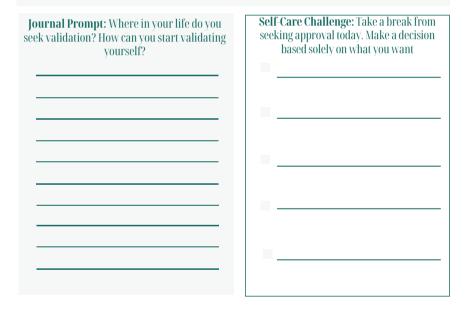
#### **Mindset Shift:** You do not have to earn love you are worthy just by being you.



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



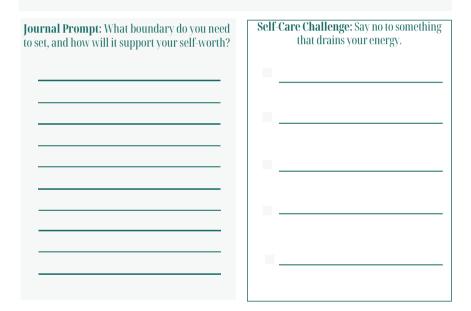
## **Mindset Shift:** Your worth is not determined by how others see you—it's an inside job.



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



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

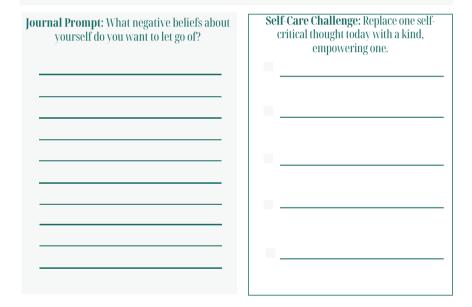


# Affirmation: I honor myself by setting healthy boundaries.



### **REWRITING NEGATIVE SELF-TALK**

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



# 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?

 Self-Care Challenge: Do one thing today

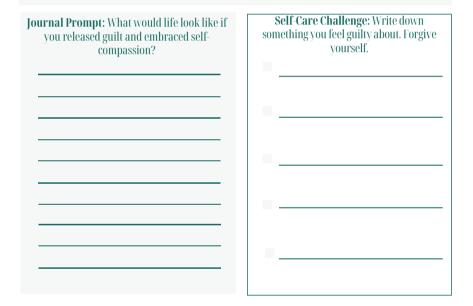
 just for you—something that brings you joy.

# 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.

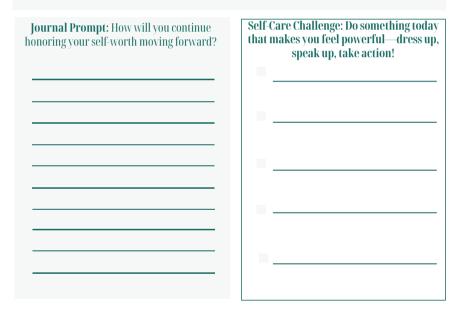


# Affirmation: I give myself permission to heal and move forward.



### DAY 7: STEPPING INTO YOUR POWER

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



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

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



#### 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:



- O INSTAGRAM HANDLE
- **f** FACEBOOK HANDLE



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