



Building Your Sense of Worthiness for Health and Wellness

This worksheet is designed to help you reflect on your self-worth and how it impacts your health journey. Take your time with each section, and be honest with yourself. Remember, there's no right or wrong answer—this is all about gaining insight into your beliefs and building a healthier mindset.

Section 1: Reflecting on Self-Worth

1. When you think about your health and fitness journey, what thoughts or emotions come up for you? (Examples: Excitement, doubt, fear, frustration, hope?)

Write down your thoughts below:

2. Do you believe you deserve to feel healthy, strong, and vibrant? Why or why not?

Be as honest as possible here:

3. How do you talk to yourself about your body and health?

(Examples: "I'm not good enough," "I'm trying my best," "I never stick with it")

Section 2: Identifying Limiting Beliefs

1. What are some beliefs you've held about your ability to reach your health goals?

(Examples: "I'm too old to change," "I've tried before and failed," "I'm not disciplined enough.")

2. Where do you think these beliefs came from?

(Examples: Childhood, society, past experiences, friends/family?)

3. What impact have these beliefs had on your actions or habits?

(Examples: Not committing fully to your goals, procrastinating, self-sabotaging, etc.)

Section 3: Rewriting Your Story of Worthiness

1. Write a new affirmation that reflects your worthiness to live in a healthy, strong, and vibrant body.

(Examples: "I deserve to feel amazing in my body," "I am worthy of self-care and wellness.")

2. What is one small action you can take this week to honor your health and reinforce that you are worthy of feeling good?

(Examples: Taking a 20-minute walk, preparing a nutritious meal, speaking kindly to

yourself in the mirror.)

3. What can you do to be kinder to yourself during your health journey?

(Examples: Practice gratitude for your body, celebrate small wins, replace negative self-talk with positive affirmations.)

Section 4: Visualization Exercise

1. Close your eyes and imagine your life if you fully believed you were worthy of health and wellness.

- What does your daily routine look like?
- How do you treat yourself?
- How do you talk to yourself?
- How do you feel in your body?

Write down your vision below:

2. What is one thing from that vision you can begin to incorporate into your life today?

Section 5: Accountability and Support

1. Who can you reach out to for support on your health journey?

(Examples: A friend, family member, coach, or community like this podcast group.)

2. How can you hold yourself accountable for reinforcing your worthiness and committing to your health goals?

(Examples: Journal your progress, set reminders for affirmations, track your habits.)

Final Thoughts:

Take a moment to reflect on your answers. You deserve to feel good about yourself and your body, and the first step is recognizing your inherent worthiness. Keep this worksheet handy, and revisit it whenever you feel like you need a reminder that you are worthy of health, wellness, and happiness.

Call to Action:

Share your reflections with someone you trust, or with our community! Remember, the journey to health starts with the belief that you are worth it.

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