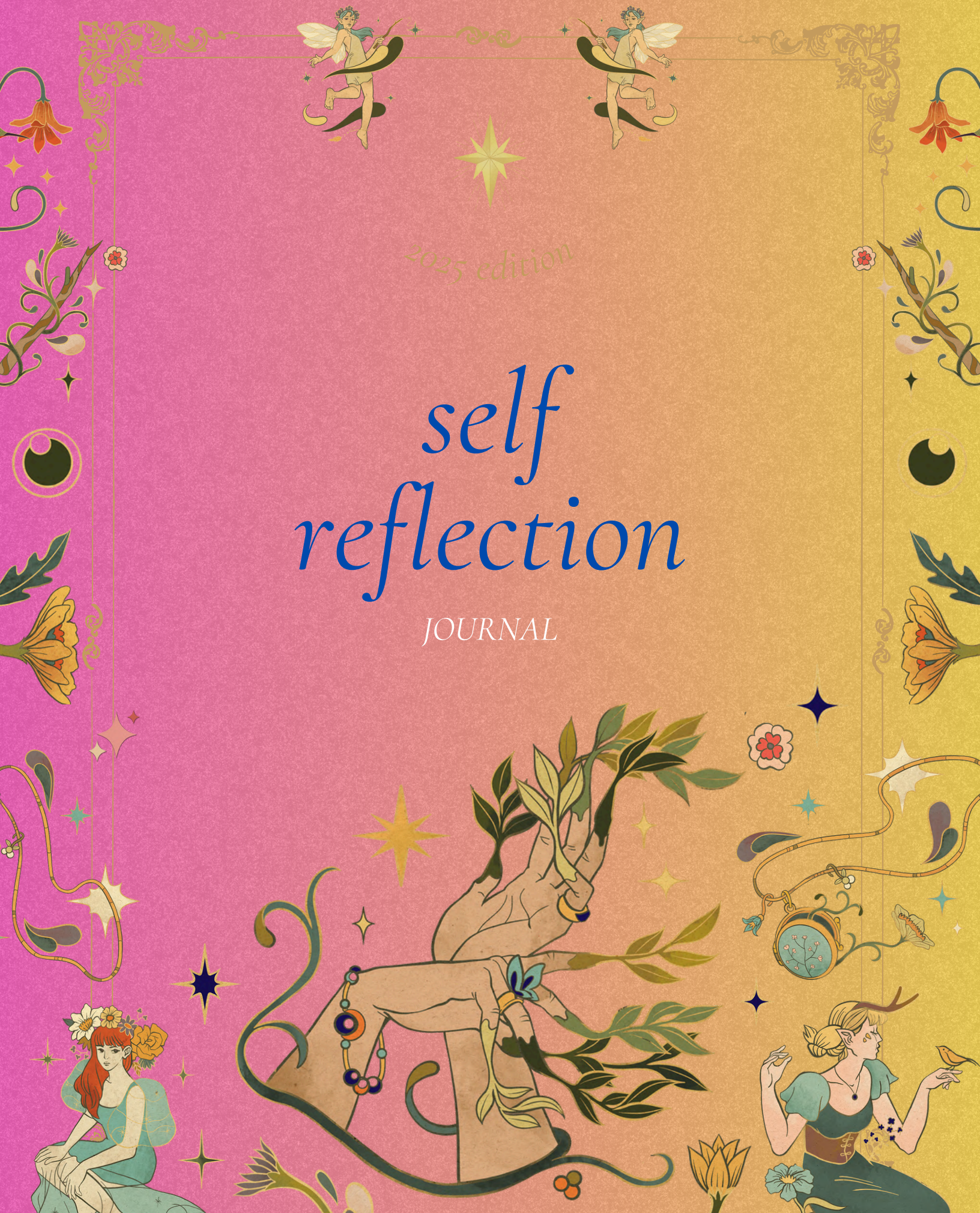


2025 edition

self reflection

JOURNAL





2025 edition



Dear Beautiful Soul,

*This journal is your sacred space
— to return home to your worth,
your light, and your truth. Every
page is a mirror, reminding you of
who you truly are. Take your
time, breathe deeply, and let this
journey unfold at your pace.*

With love & light,

Kashish



How to Use This Journal

This journal is your sacred companion on a 21-day journey of rediscovering your worth.

2025 edition
☀️ Start your morning with the affirmation — read it aloud or in silence, and let it settle in your heart.

✍️ Move to the prompt, allowing your thoughts to pour freely. There are no right or wrong answers.

🧘♀️ Each day, do the self-love action — however big or small. It's about showing up for yourself.

🌙 End your day with the reflection — anchor in what surfaced. This part deepens your awareness.

You only need 10–15 minutes a day. But these 15 minutes can shift your life.

Come with honesty. Stay with grace. Return with love.

What Is Self-Worth?

2025 edition

Self-worth is your deep, unshakable knowing that you are valuable — not because of what you do, achieve, or prove — but simply because you exist.

It's the quiet confidence that whispers, "I matter," even on days when the world feels loud and messy. It's about choosing yourself, respecting your energy, honoring your voice, and being at peace with your imperfections.

You weren't born doubting your worth. Somewhere along the way, you were taught to. This journal is your permission slip to unlearn those stories and come back to your truth.

You are enough. Always have been. Always will be.



DAY 1



✨ **Affirmation:** *2025 edition*

I am enough just as I am.



Prompt:

What does self-worth mean to you today?



Self-Love Action:

Write a love letter to yourself.



Reflection:

How did it feel to speak kindly to yourself today?





DAY 2

2025 edition

✨ Affirmation:

My voice, my feelings, and my dreams matter.



Prompt:

When was the last time you felt truly seen?



Self-Love Action:

Say “no” to something that doesn’t serve you today.



Reflection:

How did honoring your boundary feel?



DAY 3

2025 edition

✨ **Affirmation:**

I choose to release comparison.

✍️ **Prompt:**

What are your 3 most beautiful inner qualities?

🧘 **Self-Love Action:**

Compliment yourself in the mirror.

🌙 **Reflection:**

What part of you needs more acceptance?



DAY 4



2025 edition



Affirmation:

I am safe to take up space.



Prompt:

How do you hold back from being your full self?



Self-Love Action:

Stand tall and speak your truth today.



Reflection:

What came up when you expressed yourself?



DAY 5

2025 edition

✨ **Affirmation:**

I trust myself to make aligned decisions.

✍️ **Prompt:**

Where have you been second-guessing yourself lately?

🧘 **Self-Love Action:**

Make one decision without overthinking.

🌙 **Reflection:**

How did it feel to trust your intuition?





DAY 6



2025 edition

✨ Affirmation:

I am worthy of kindness, from myself and others.

✍️ Prompt:

How can you soften toward yourself today?

🧘 Self-Love Action:

Treat yourself to something small that brings joy.

🌙 Reflection:

What shifted in your energy after receiving?



DAY 7

2025 edition

✨ **Affirmation:**

I release shame and welcome healing.

✍️ **Prompt:**

What parts of your past need forgiveness?

🧘 **Self-Love Action:**

Journal a letter of release to your past self.

🌙 **Reflection:**

What emotions came up while writing?



DAY 8

2025 edition

Affirmation:

My energy is sacred.

Prompt:

Where are you leaking energy in your life?

Self-Love Action:

Take a digital detox for 1 hour.

Reflection:

How did it feel to be with yourself fully?



DAY 9

2025 edition

Affirmation:

I am not a burden. I am a blessing.

Prompt:

What loving things would your best friend say about you?

Self-Love Action:

Speak those words out loud to yourself.

Reflection:

Which compliment felt hardest to accept?





DAY 10



2025 edition

✨ Affirmation:

I am allowed to rest.



Prompt:

What does rest mean to you beyond sleep?



Self-Love Action:

Create 20 minutes of guilt-free rest.



Reflection:

How did your body respond to rest?



DAY II

2025 edition

✨ **Affirmation:**

I belong — exactly as I am.

 Prompt:

Where do you feel most like yourself?

 Self-Love Action:

Spend time in a space that feels like home.

 Reflection:

How can you bring that feeling into your daily life?



DAY 12

2025 edition

✨ **Affirmation:**

My self-worth is not defined by my productivity.

 Prompt:

What do you value in yourself when you're not "doing" anything?

 Self-Love Action:

Be still for 10 minutes — no goals, no phone.

 Reflection:

What thoughts came up in stillness?



DAY 13

2025 edition

✨ **Affirmation:**

I am allowed to grow at my own pace.

✍️ **Prompt:**

Where are you rushing yourself?

🧘 **Self-Love Action:**

Take one thing off your to-do list.

🌙 **Reflection:**

What did slowing down give you?

DAY 14

2025 edition

✨ **Affirmation:**

I trust the timing of my life.

✍️ **Prompt:**

What can you let go of trying to control?

🧘 **Self-Love Action:**

Say out loud, “I surrender.”

🌙 **Reflection:**

How did your body respond to those words?

DAY 15

2025 edition

✨ **Affirmation:**

I am not too much. I am exactly enough.

✍️ **Prompt:**

What makes you feel “too much” or “not enough”?

🧘 **Self-Love Action:**

Write a reminder note to your future self.

🌙 **Reflection:**

How do you want to show up tomorrow?

DAY 16

2025 edition

✨ **Affirmation:**

My needs are valid.

✍️ **Prompt:**

Where have you been silencing your needs?

🧘 **Self-Love Action:**

Speak one need out loud today.

🌙 **Reflection:**

What was it like to ask for what you need?



DAY 17

2025 edition

✨ **Affirmation:**

I am deeply lovable.

✍️ **Prompt:**

What makes you a good friend/partner/daughter?

🧘 **Self-Love Action:**

Do something nurturing for yourself today.

🌙 **Reflection:**

How can you continue showing love to yourself?



DAY 18



2025 edition

✨ Affirmation:

I am allowed to be both healing and whole.

✍ Prompt:

What are you proud of healing from?

🧘 Self-Love Action:

Celebrate a win (big or small) from your journey.

🌙 Reflection:

How did that acknowledgment feel?





DAY 19



2025 edition

✨ **Affirmation:**

I am grateful for how far I've come.

✍️ **Prompt:**

What past version of you would be proud of who you are today?

🧘 **Self-Love Action:**

Write a thank-you note to your past self.

🌙 **Reflection:**

What gift did that version give you?





DAY 20



2025 edition

✨ **Affirmation:**

I choose to love myself unconditionally.

✍️ **Prompt:**

What conditions do you place on your self-love?

🧘 **Self-Love Action:**

Break one self-critical habit today.

🌙 **Reflection:**

What replaced it?





DAY 21



2025 edition

✨ **Affirmation:**

I reclaim my worth with every breath.

✍️ **Prompt:**

Who are you becoming when you remember your worth?

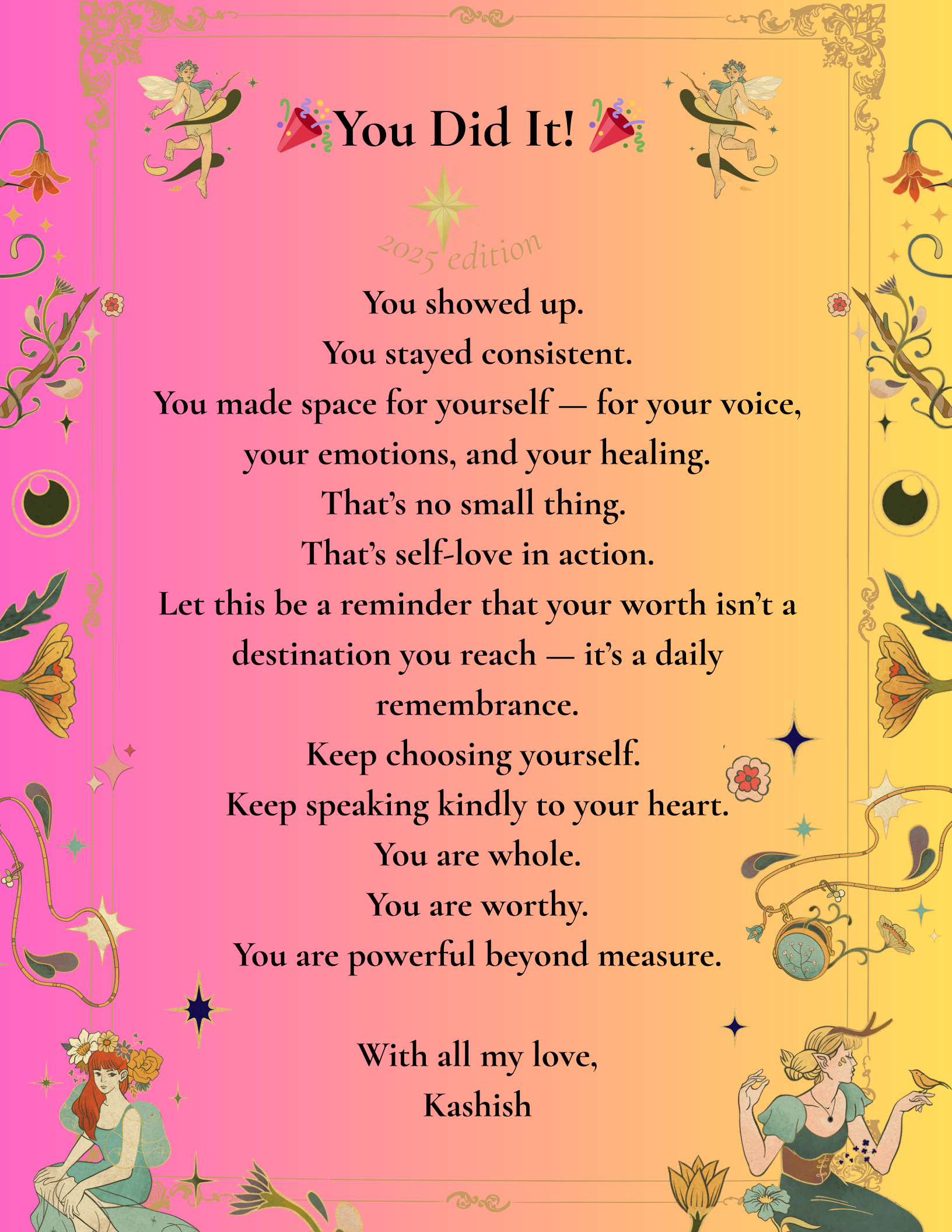
🧘 **Self-Love Action:**

Write your self-worth manifesto.

🌙 **Reflection:**

How do you want to carry your worth forward?





 You Did It! 

2025 edition

You showed up.

You stayed consistent.

You made space for yourself — for your voice,
your emotions, and your healing.

That's no small thing.

That's self-love in action.

Let this be a reminder that your worth isn't a
destination you reach — it's a daily
remembrance.

Keep choosing yourself.

Keep speaking kindly to your heart.

You are whole.

You are worthy.

You are powerful beyond measure.

With all my love,

Kashish

“Your thoughts matter. Write freely below.”



2025 edition





A decorative pink background featuring a stylized brown branch with green vines and leaves. There are yellow flowers, including a small one with a red center and a larger one with a yellow center. Yellow starburst shapes are scattered throughout the design.



“Your thoughts matter. Write freely below.”



2025 edition



"Your thoughts matter. Write freely below."



2025 edition



Self-Worth Affirmation Bank

Use these affirmations anytime your inner light feels dim. Speak them aloud, write them down, or hold them in your heart. You are worthy — always.

2025 edition

☀️ I am allowed to take up space and be fully seen.

🌻 My feelings are valid.

🌿 I choose to trust my inner voice.

🌿 I am not defined by my past.

🌸 I deserve love that feels like peace.

🌿 I release guilt and embrace grace.

🌸 I am proud of who I'm becoming.

🌻 I do not need to earn my worth.

🌹 I am more than my achievements.

🌙 My softness is strength.

🌷 I deserve boundaries that protect my peace.

🛏️ I am allowed to rest without guilt.

💫💖 I am worthy even when I'm healing.

💫 My worth is rooted in who I am, not what I do.

💖 I am safe to love myself deeply.

Resources & Reminders

2025 edition

This is only the beginning of your journey back home to yourself. Let's stay connected — because healing is powerful, but community is magic ✨

📌 Website: kashishmahant.com

📷 Instagram: @positively___yours

✉️ Blog: Positively Yours

Come say hi, and let's grow together 🌱

With love,

Kashish