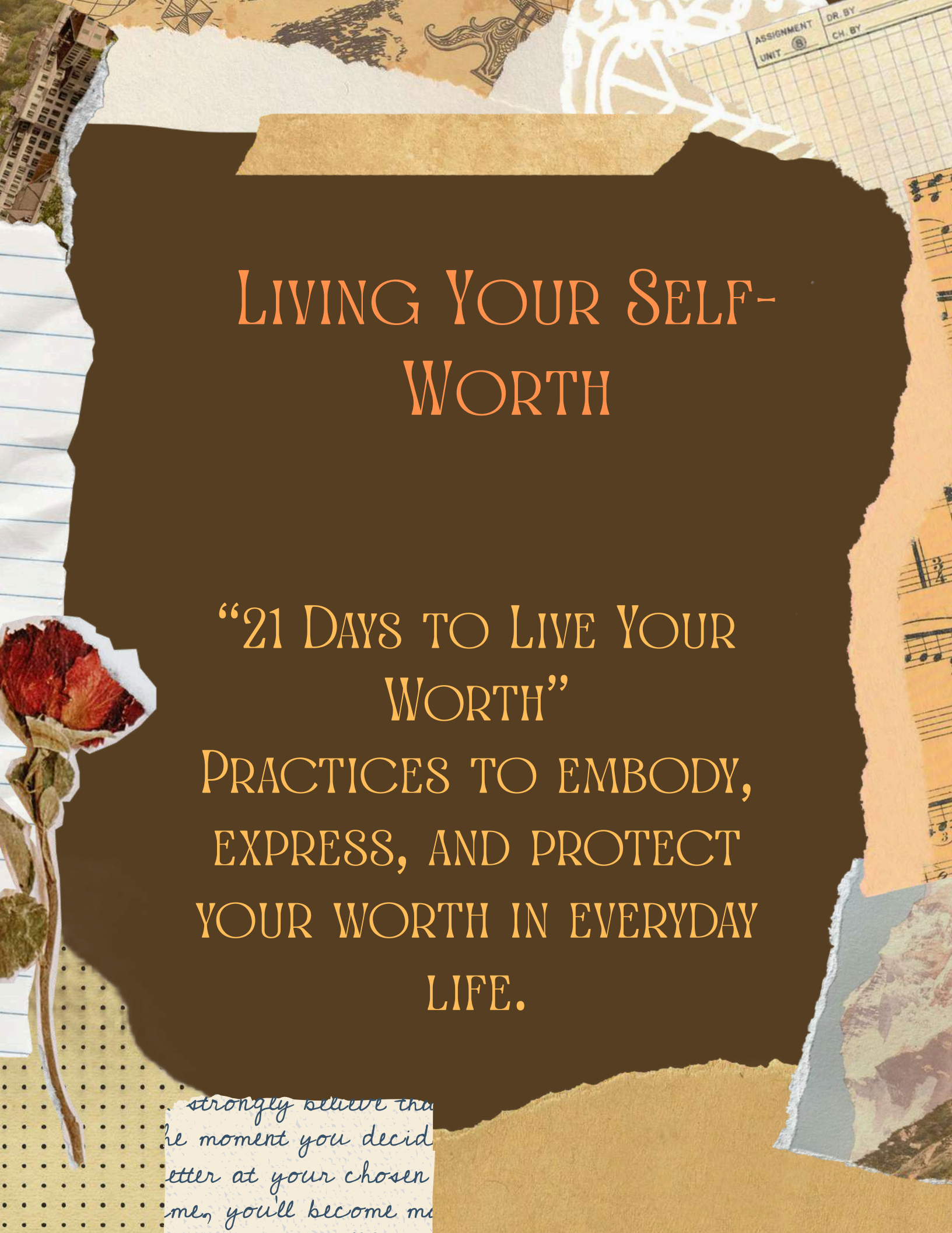




LIVING YOUR SELF- WORTH

“21 DAYS TO LIVE YOUR
WORTH”

PRACTICES TO EMBODY,
EXPRESS, AND PROTECT
YOUR WORTH IN EVERYDAY
LIFE.

I strongly believe that
the moment you decide
better at your chosen
me, you'll become me



HOW THIS JOURNAL WORKS

This isn't a journal to fill in and forget.

It's a living journal — one that asks you to move, speak, decide, and stretch into your self-worth every day.

Each day includes:

- 🌟 A Worthy Reminder
- 🔥 A Challenge (one action to practice that day)
- 🖋️ A Real-World Reflection (to process what showed up)
- 💬 A Power Sentence (to anchor your voice in your own words)

This is not about perfection. It's about building the muscle of worthiness — gently, daily, and truthfully.





WHAT IT MEANS TO LIVE YOUR WORTH

Self-worth isn't just something you believe. It's something you live.

To live your worth means:

- Saying no when something dishonors you
- Saying yes when joy calls
- Allowing love in without needing to earn it
- Letting your presence take up space
- Speaking, dressing, choosing, and resting in a way that affirms:
 - "I matter — as I am."

Let's begin.





DAY 1

"Take Up Space"



Worthy Reminder:

You're allowed to be seen, heard, and held — fully.



Challenge:

Speak up or take physical space today.
Walk tall. Let yourself be visible.



Real-World Reflection:

What changed in your energy when you stopped shrinking?



Power Sentence:

"I'm no longer making myself smaller for

_____."





DAY 2

"Say No Without Explaining"



Worthy Reminder:

You don't owe anyone a backstory for your boundaries.



Challenge:

Say no to one thing today — with clarity and softness. No justifying.



Real-World Reflection:

How did your body respond when you said no?



Power Sentence:

"My no is a full sentence because I value _____."





DAY 3

"Choose Joy Without Guilt"



Worthy Reminder:

Joy is not a luxury. It's your right.



Challenge:

Do one thing today just because it makes you smile. No productivity attached.



Real-World Reflection:

What came up when you chose joy for no reason?



Power Sentence:

"I am worthy of joy even when

_____."





DAY 4

"Set a Soft Boundary"



Worthy Reminder:

Boundaries are how you love yourself out loud.



Challenge:

Say what you do want instead of only what you don't.



Real-World Reflection:

How did the boundary shift your energy or clarity?



Power Sentence:

"Loving myself today looked like

_____."





DAY 5

"Receive Without Earning"

☀️ Worthy Reminder:
You don't have to hustle to deserve softness.

🔥 Challenge:
Let someone support you today — accept help, a compliment, or care.

✍️ Real-World Reflection:
Did receiving feel easy, hard, or unfamiliar?

💬 Power Sentence:

"I receive with grace because _____."





DAY 6

"Dress for Your Power"



Worthy Reminder:

How you show up can reflect how you feel inside.



Challenge:

Wear something bold today — just for you. Let it reflect how you want to feel.



Real-World Reflection:

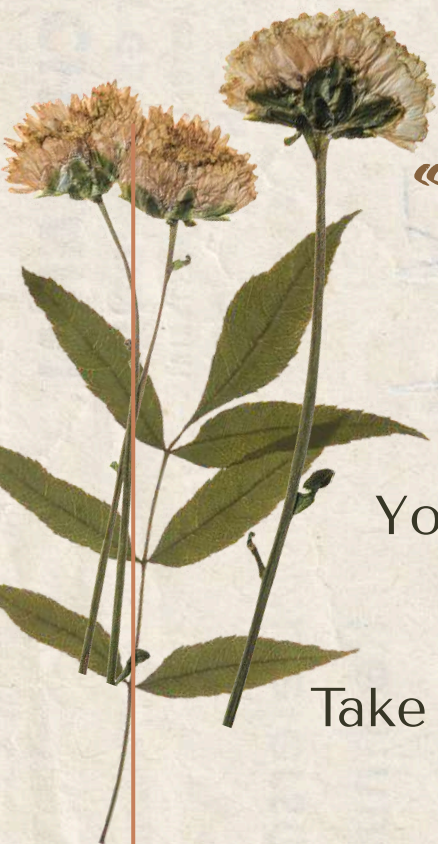
How did your outfit affect your posture, confidence, or energy?



Power Sentence:

"When I dress like _____, I feel most like me."





DAY 7

"Rest Without Guilt"

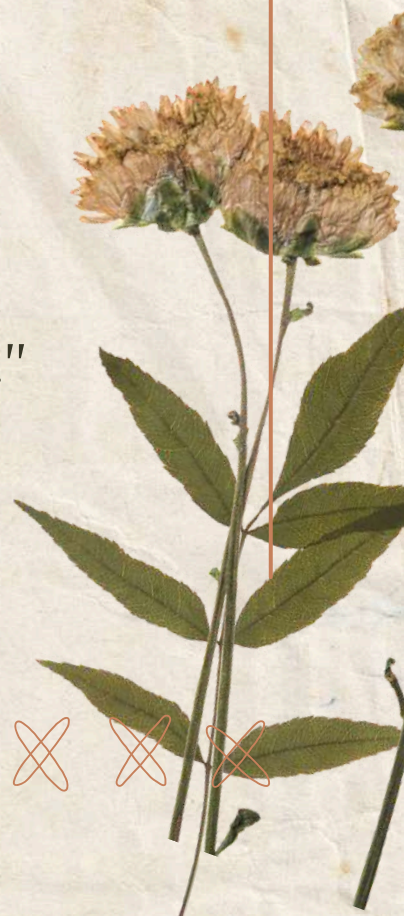
🌟 Worthy Reminder:
You don't need to earn your rest.

🔥 Challenge:
Take a nap, cancel a plan, or pause —
without over-explaining.

✍️ Real-World Reflection:
What resistance came up around
resting today?

💬 Power Sentence:

"Resting is a form of worthiness
because _____."





DAY 8

"Share Something Unfiltered"



Worthy Reminder:

Your truth doesn't need to be polished to be powerful.



Challenge:

Say or write something today without sugarcoating it — even if just to yourself.



Real-World Reflection:

What did sharing honestly reveal or heal?



Power Sentence:

"I trust that my unfiltered voice is _____."





DAY 9

"Do It Scared, Do It Anyway"



Worthy Reminder:

Fear doesn't mean stop — it means something meaningful is near.



Challenge:

Do one small thing today that scares you but feels aligned.



Real-World Reflection:

How did you feel after doing it anyway?



Power Sentence:

"I can be scared and still
_____."





DAY 10

"Reclaim a 'Flaw'"



Worthy Reminder:

Your softness, your scars, your mess —
all of it belongs.



Challenge:

Take one part of yourself you hide —
and affirm it today with kindness.



Real-World Reflection:

What changed when you stopped
rejecting that part?



Power Sentence:

"What I once saw as a flaw is really

_____."





DAY 11

"Ask For What You Need"



Worthy Reminder:

Needs are not weaknesses. They're sacred truths.



Challenge:

Ask someone (or yourself) clearly for one thing you've been holding back.



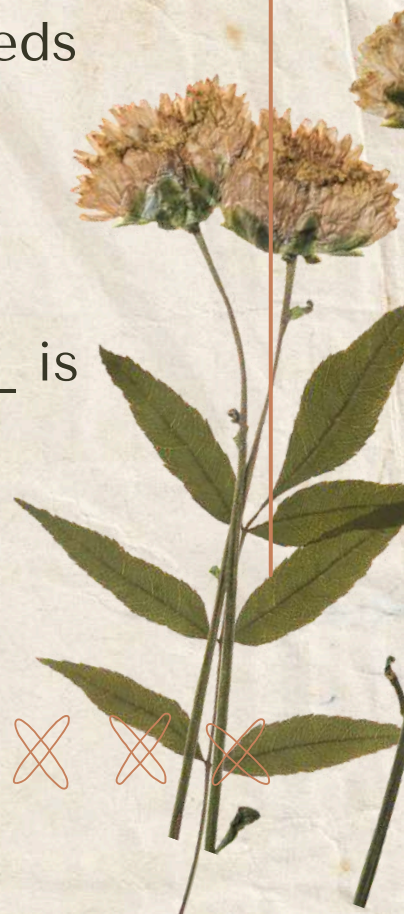
Real-World Reflection:

How did it feel to express your needs directly?



Power Sentence:

"Asking for _____ is an act of self-respect."





DAY 12

"Make a Brave Decision"



Worthy Reminder:
Every decision you make is a
declaration of your worth.



Challenge:
Choose something today with your
future self in mind — even if it's
uncomfortable.



Real-World Reflection:
What did you risk or reclaim by
choosing bravely?



Power Sentence:

"When I choose myself, I create space
for _____."





DAY 12

"Make a Brave Decision"



Worthy Reminder:
Every decision you make is a
declaration of your worth.



Challenge:
Choose something today with your
future self in mind — even if it's
uncomfortable.



Real-World Reflection:
What did you risk or reclaim by
choosing bravely?



Power Sentence:

"When I choose myself, I create space
for _____."



DAY 13

"Let Yourself Be Seen"

☀️ Worthy Reminder:
You don't have to be perfect to be visible.

🔥 Challenge:
Share a part of yourself publicly (story, photo, words, voice). No edits.

✍️ Real-World Reflection:
How did visibility feel in your body and heart?

💬 Power Sentence:

"I let myself be seen because _____."





DAY 14

"Move Your Body Like You Love It"



Worthy Reminder:

You are not here to punish your body
— you're here to live in it fully.



Challenge:

Move today — dance, walk, stretch —
like your body is your ally.



Real-World Reflection:

What emotions or memories surfaced
while moving with love?



Power Sentence:

"My body is not an enemy. It's
_____."





DAY 16

"Be Unproductive on Purpose"



Worthy Reminder:

You are more than what you produce.



Challenge:

Spend at least 30 minutes doing something only for pleasure.



Real-World Reflection:

What did you discover in stillness or play?



Power Sentence:

"Even when I do nothing, I am still

_____."





DAY 17

"Say Yes to Yourself First"



Worthy Reminder:

You get to be the first name on your own priority list.



Challenge:

Put yourself first in one decision today — unapologetically.



Real-World Reflection:

What story did you challenge by choosing yourself?



Power Sentence:

"Choosing myself today felt like

_____."





DAY 18

"Practice Softness as Power"



Worthy Reminder:

Soft doesn't mean weak. It means open-hearted strength.



Challenge:

Respond to something triggering with softness — toward yourself or others.



Real-World Reflection:

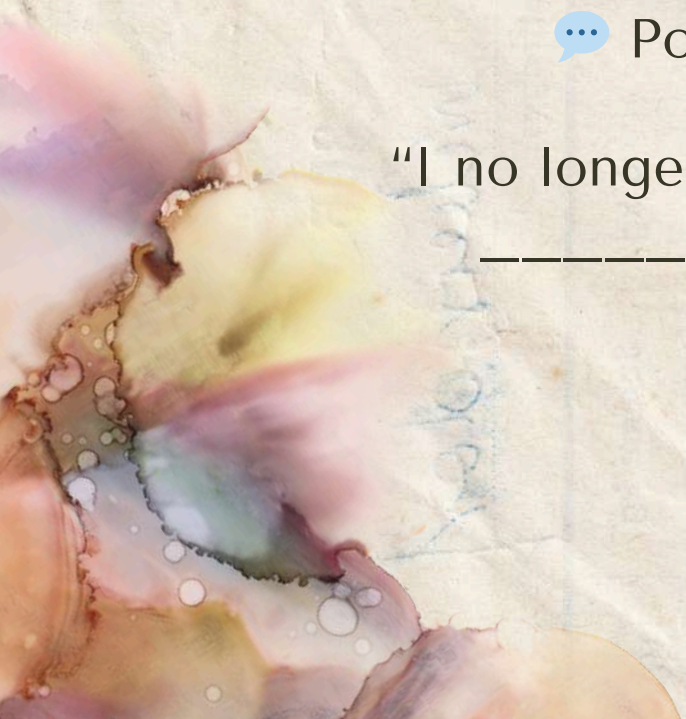
What did softness protect or reveal?



Power Sentence:

"My softness allows me to _____."





DAY 19

"Let Go of One 'Should' "



Worthy Reminder:

Shoulds are heavy. Letting go is freedom.



Challenge:

Notice one "should" you carry — and consciously release it today.



Real-World Reflection:

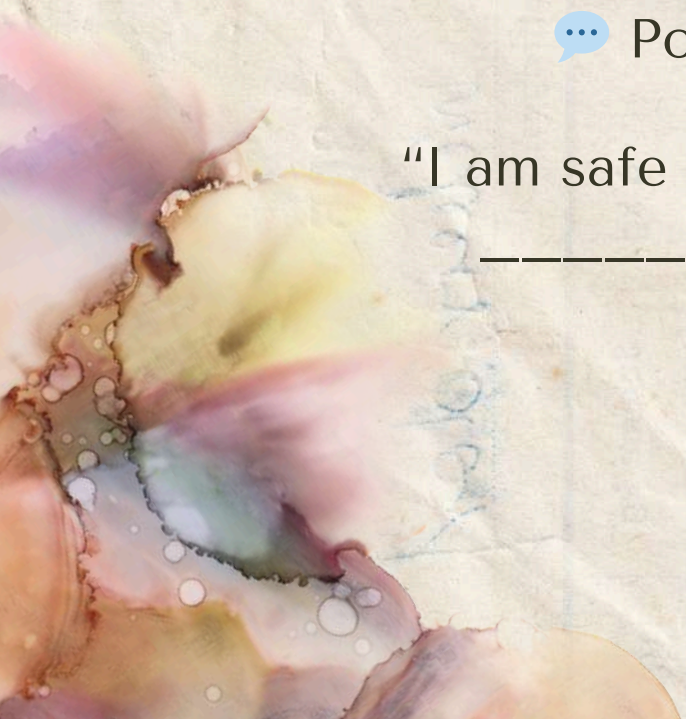
What did letting go free you to feel or do?



Power Sentence:

"I no longer 'should' myself into

_____."



DAY 20

"Be Your Own Safe Place"



Worthy Reminder:

You can be the place where your truth feels welcome.



Challenge:

Write yourself a letter of reassurance — like you would to someone you love.



Real-World Reflection:

How did it feel to offer that tenderness to yourself?



Power Sentence:

"I am safe with myself because

_____."



DAY 21

"Honor the Worth You've Built"



Worthy Reminder:

You're not the same person who started this.



Challenge:

Write down 3 ways you've shown up for your worth over the last 21 days.



Real-World Reflection:

What does "living your worth" now mean to you?



Power Sentence:

"I now know I am worthy of _____."





Self-Worth Habits Tracker

Use this to check off one habit per day that aligns with your worth (like: spoke my truth, rested, chose joy, said no).





Emotional Check-In Template

Today I feel:

What I need right now is:

A boundary I'm protecting today is:

A reminder I want to carry:





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Today I feel:

What I need right now is:

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Emotional Check-In Template

Today I feel:

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Affirmation Bank

I am allowed to be soft and still be strong.

I choose peace over proving.

My voice is not too much.

I don't chase. I attract.

I don't earn my worth. I live it.





Reflections to Revisit

What surprised you the most over these 21 days?

Where did resistance show up?

What will living your worth look like going forward?

Who are you becoming?





Closing Note

You've done something brave.
Not just by journaling, but by choosing to live
differently.

This isn't the end. It's a beginning.

Whenever you forget, come back.
To your pages.
To your breath.
To your truth.
To your worth.

You are always welcome here.

With love,
Kashish
Founder of Positively Yours | kashishmahant.com |
[@positively_yours](https://www.instagram.com/positively_yours)