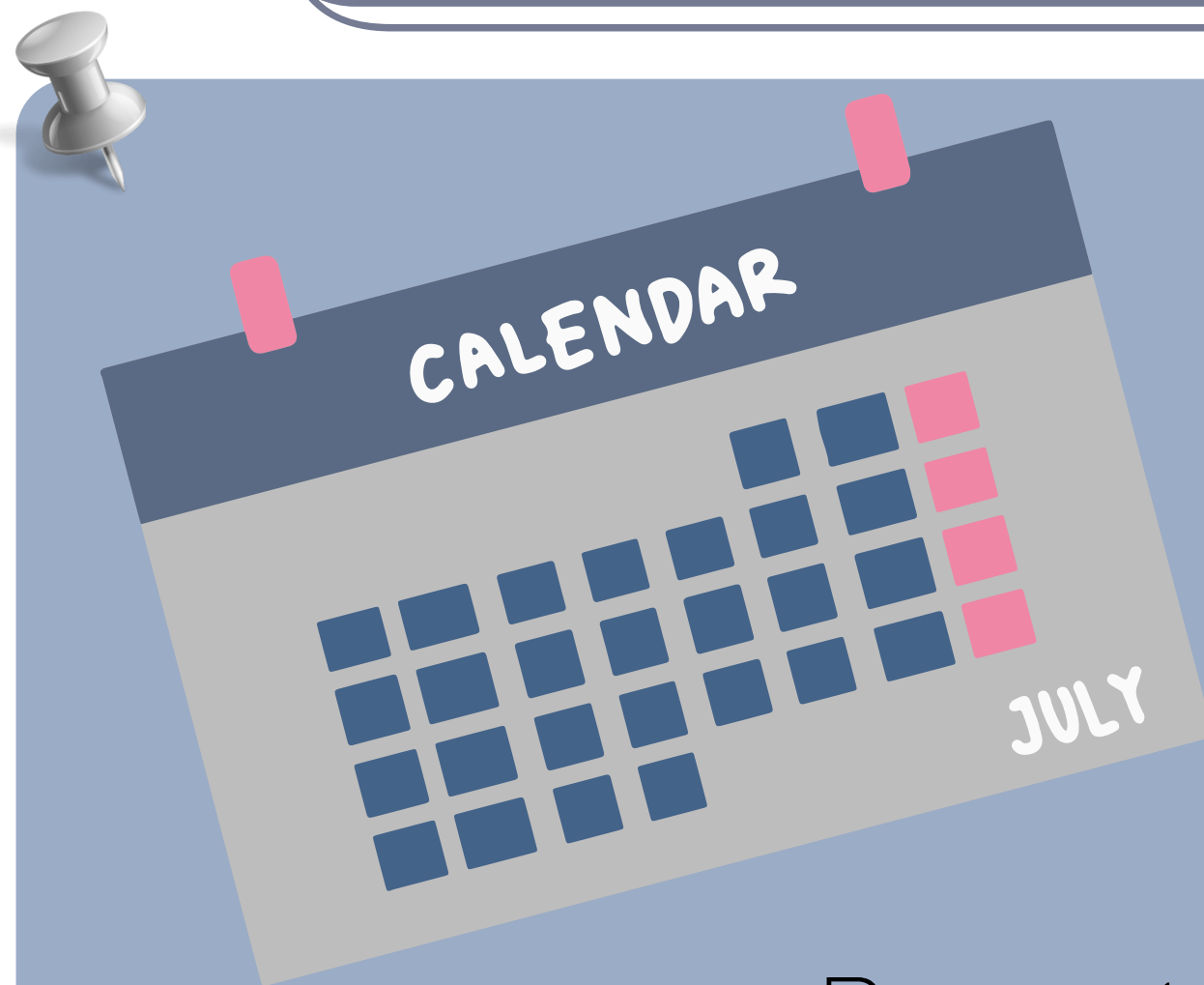




My Self-Worth Calendar

Discover your inner radiance with this empowering tool



30 Impactful Prompts
Beautifully designed note pages
Only needs a few moments per day

Be part of the Radiant Woman Movement
by becoming a confident you!



My Self-Worth Calendar



M T W T F S S

30 Activities to Boost Your Self-worth

1
Find a self-worth quote you like. Put it where you can see it.

2
For the whole day, focus on 1 thing you are grateful for

3
Look in the mirror and give yourself a compliment

4
Reflect on a strength you have

5
Write an appreciation note to yourself

6
Send out 2 inspirational messages

7
Listen to a feel-good song - treasure the feelings it evokes

8
Do something that brings you joy

9
Forgive someone, or yourself for a past mistake

10
Offer yourself advice on accepting imperfections

11
Pay someone a compliment

12
List 2 things you are proud of

13
Think of 3 things you accomplished this week

14
Spend time by yourself

15
Reflect on a photo that brings happy memories.

16
Reflect on a personal achievement

17
Perform a random act of kindness for someone

18
Choose a characteristic you have. Journal on how it serves you

19
Think about something that went well today

20
Instead of a to do list, make a done list. Be proud of yourself.

21
Choose a self-care activity for today

22
Journal about a positive experience & how it made you feel

23
What made you happy today?

24
Decide what is your favourite thing about yourself

25
List compliments you have received in the past

26
Describe a situation where you felt strong & wise

27
Recall a challenge you overcame. What did you learn from it?

28
Write a motivational message to yourself

29
Take time to dream

30
Review the past 30 days and note what stood out for you

30. The past 30 days...



Notes



My Self-Worth Calendar Notes



Date:

Mon2

Tue3

Wed4

Thu5

Fri6

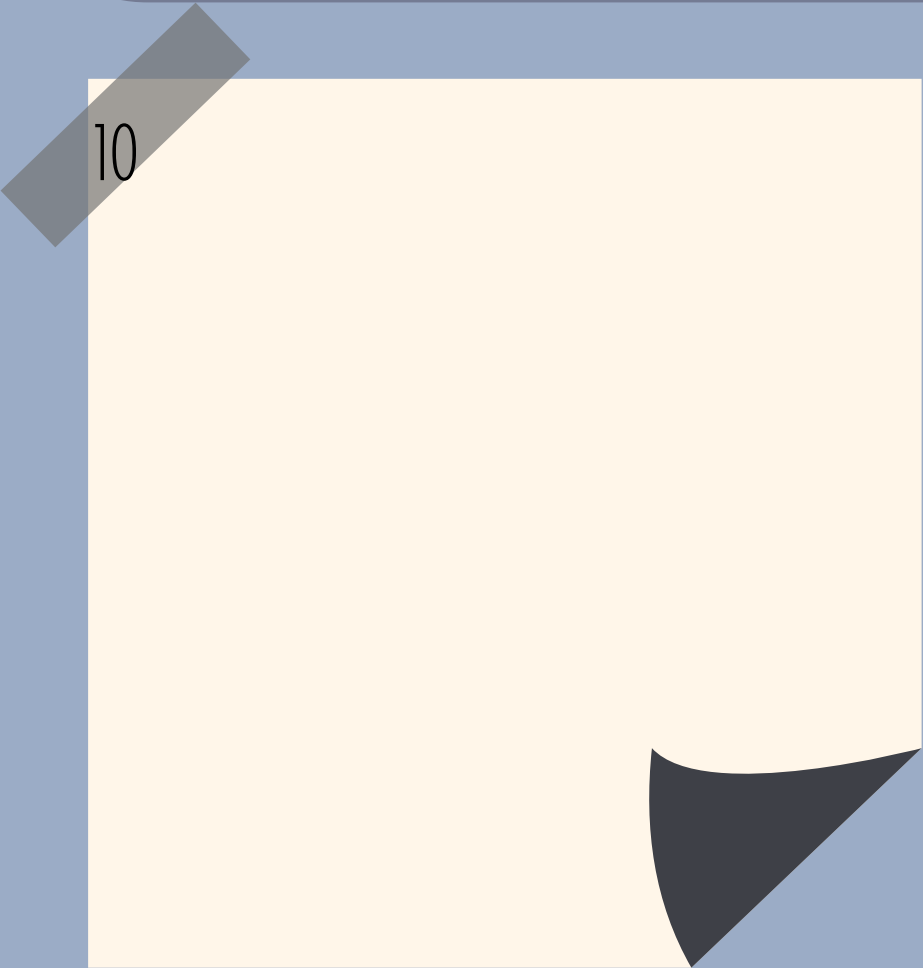
Sat7

Sun8

Points to Remember



9



12



13

14

☐

☐

✓

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Notes



Choose a word for the week

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
					Sunday 22
Overview of the Week				Points to Remember	

