

3. What's one regret I carry that's about not valuing myself enough?

4. How would my goals for Q4 change if I fully believed in my worth?

Action Steps

✓ **Identify one boundary to set this week (personal or professional).**

✓ **Do one action that invests in *you* (self-care, skill-building, reaching out to someone aligned).**

✓ **Each morning this week, speak an “I Am” affirmation tied to your worth. Example: *I am worthy of respect, abundance, and peace.***

Mini-Release Practice

Take one belief that keeps you small (example: *I'm not enough, I'll disappoint people*).

Write it down. Cross it out. Replace it with a new statement of worth.

Vision Exercise

Write a one-paragraph vision for Q4 as if you had already embodied your full worth.

- What opportunities are you saying yes to?**
 - What boundaries are firm?**
 - How are you showing up differently?**
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✦ Remember: Self-worth is the root. Without it, your goals collapse under old stories. With it, you become unstoppable.