

Becoming HER

A 7-Day Self Worth Challenge to
Becoming the Woman You Were
Meant to Be

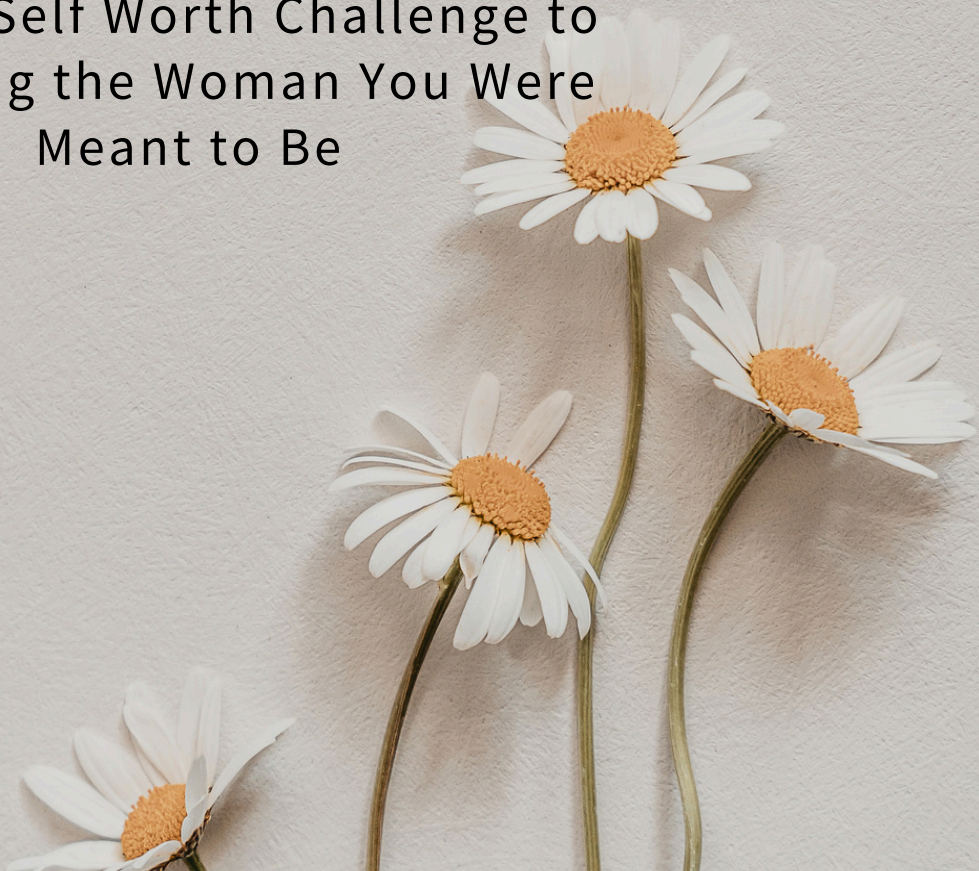


TABLE OF CONTENTS

MODULE 1

- **Welcome to the Challenge**
- **How to Use This Workbook**
- **Your Self-Worth Intention Statement**

MODULE 2

- **Day 1 – Who Is She?**
- **Day 2 – Boundaries = Self-Love**
- **Day 3 – Silence the Inner Critic**
- **Day 4 – Reclaim Your Voice**
- **Day 5 – Self-Worth in Action**
- **Day 6 – Forgive & Release**
- **Day 7 – Be Her Now**

MODULE 3

- **Reflection & Next Steps**
- **Bonus: Affirmation Cards**
- **Bonus: 30-Day Journaling Prompts**
- **Completion Certificate**



WELCOME!

Hello Beautiful,

Welcome to Becoming Her: The 7-Day Self-Worth Challenge. You didn't land here by accident—you were called to rise, to remember who you are, and to reclaim your worth unapologetically.

This is not just a workbook. It's a mirror, a mantra, and a movement. For the next 7 days, you're stepping into the version of you who sets boundaries, speaks truth, silences doubt, and owns her power.

Each day, you'll have:

- A mindset prompt to shift your thinking
- A "Power Move" action step to embody your worth
- A journal question to unlock self-discovery
- A daily affirmation to anchor your truth

You don't need to be perfect. You just need to be present. Give yourself permission to show up fully, even if it's messy. You are worthy—today, now, exactly as you are.

Let's do this together.

With love,

Adeyinka.

HOW TO USE THIS WORKBOOK

This challenge is designed for simplicity, reflection, and daily wins. Here's how to get the most out of it:

One Day at a Time

Each day is built to take no more than 20 minutes. Set aside some quiet time—morning, lunch break, or before bed—and make it sacred.

Read the Mindset Prompt

This sets the tone for the day. Let it sink in. Read it aloud. Journal your initial thoughts.

Do the Power Move

Each “Power Move” is an intentional action that helps you embody your self-worth—not just think about it. Do it, don’t skip it.

Journal Honestly

The magic is in your words. Be real, raw, and unfiltered. You’re safe here.

Repeat the Daily Affirmation

Say it out loud. Put it on a sticky note. Make it your phone background. Let it guide your day.

Go At Your Own Pace

Life happens. If you miss a day, it’s okay. Return when you’re ready, but stay committed to finishing.

Track Your Growth

Notice your thoughts. Notice your choices. Who you are becoming is already within you.

Ready to begin? Turn the page. She is waiting for you.

YOUR SELF-WORTH INTENTION STATEMENT

Before you dive in, take a moment to set your intention. This is your personal why, your anchor for the next 7 days.

Your intention is not about fixing yourself.

It's about **remembering** yourself. It's about claiming what you deserve, and choosing to believe you are already enough.

Use the prompts below to guide your statement. Be honest. Be bold. Be you.

Why did I say “yes” to this challenge?

What would it look and feel like to fully believe I am worthy?

What is one belief I am ready to release?


What is the version of me I'm stepping into?

My Self-Worth Intention Statement



Day 1

**WHO IS SHE?
(RECLAIMING YOUR IDENTITY)**



NO ONE CAN
MAKE YOU
FEEL INFERIOR
WITHOUT YOUR
CONSENT.

ELEANOR ROOSEVELT

Day 1

WHO IS SHE? (RECLAIMING YOUR IDENTITY)

Mindset Prompt

You are not your job, your relationship status, or your to-do list. Strip away the roles—what's left is the real you.

Power Move

Write your 'I Am' Manifesto.

List 10 identity statements that reflect who you are at your core.

Journal Question

When was the last time I truly felt like me? What was I doing, thinking, or feeling?

Daily Affirmation

I am enough, even when I do nothing.



Day 2

BOUNDARIES = SELF-LOVE

“

IF YOU SET OUT TO BE
LIKED, YOU WOULD BE
PREPARED TO COMPROMISE
ON ANYTHING AT ANY TIME,
AND YOU WOULD ACHIEVE
NOTHING.

MARGARET THATCHER

”

Day 2

BOUNDARIES = SELF-LOVE

Mindset Prompt

Boundaries protect your energy and reflect your self-respect.

Power Move

Write down 3 situations where you feel drained. Set a clear boundary for each.

1.

2.

3.

Journal Question

What's one boundary I've been afraid to set—and why?

Daily Affirmation

I honor my needs by saying no with love.



Day 3

SILENCE THE INNER CRITIC



LOCK UP YOUR
LIBRARIES IF YOU LIKE;
BUT THERE IS NO GATE,
NO LOCK, NO BOLT
THAT YOU CAN SET
UPON THE FREEDOM
OF MY MIND.

VIRGINIA WOOLF



Day 3


SILENCE THE INNER CRITIC

Mindset Prompt

That harsh inner voice isn't truth—it's fear in disguise.

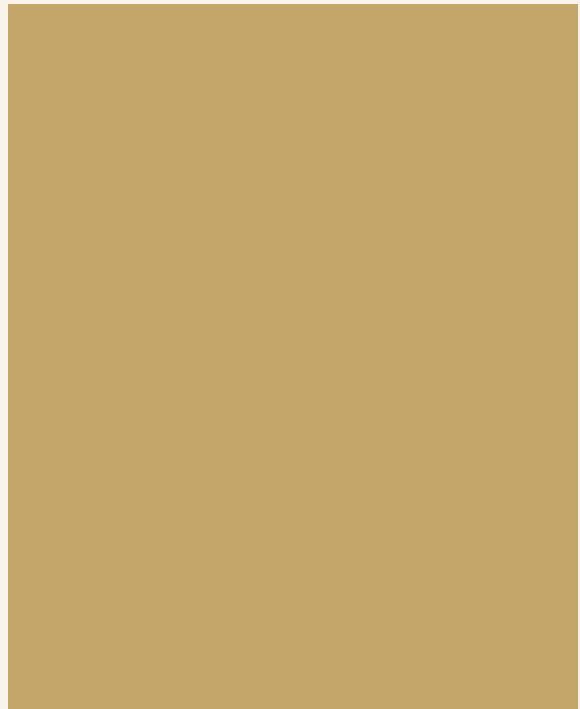
Power Move

Write a letter from your future self, filled with love and encouragement.



Journal Question

What does my inner critic say most often? What's the truth instead?



Daily Affirmation

My self-talk builds me up, not breaks me down.



FIND 4 YOUR VOICE

Day 4

RECLAIM YOUR VOICE

THE MOST
COURAGEOUS
ACT IS STILL TO
THINK FOR
YOURSELF.
ALLOUD.

COCO CHANEL

Day 4

RECLAIM YOUR VOICE

Mindset Prompt

Your voice matters. You don't need permission to speak your truth.

Power Move

Write a 'truth statement' about something you believe deeply.

Journal Question

Where in life am I holding back my truth?

Daily Affirmation

I speak with clarity, confidence, and kindness.



Day 5

SELF-WORTH IN ACTION

I'M NOT A
'STRONG
WOMAN' – I'M A
WOMAN WHO
HAS DECIDED
TO BE STRONG.

MARGE PIERCY

Day 5

SELF-WORTH IN ACTION

Mindset Prompt

Self-worth isn't just a feeling—it's shown in the choices you make.

Power Move

Choose 1 thing today that honors your value—then do it.

Journal Question

What's one action I've avoided that would show I value myself?

Daily Affirmation

I back my worth with bold action.



Day 6

FORGIVE & RELEASE



A STRONG WOMAN
LOVES, FORGIVES,
WALKS AWAY, LETS
GO, TRIES AGAIN,
AND PERSEVERES...
NOT MATTER WHAT
LIFE THROWS AT
HER.

ANONYMOUS

Day 6

FORGIVE & RELEASE

Mindset Prompt

Forgiveness is how you free yourself from what's weighing you down.

Power Move

Write a forgiveness letter (you don't have to send it).

Journal Question

What am I still holding onto—and what would it feel like to let it go?

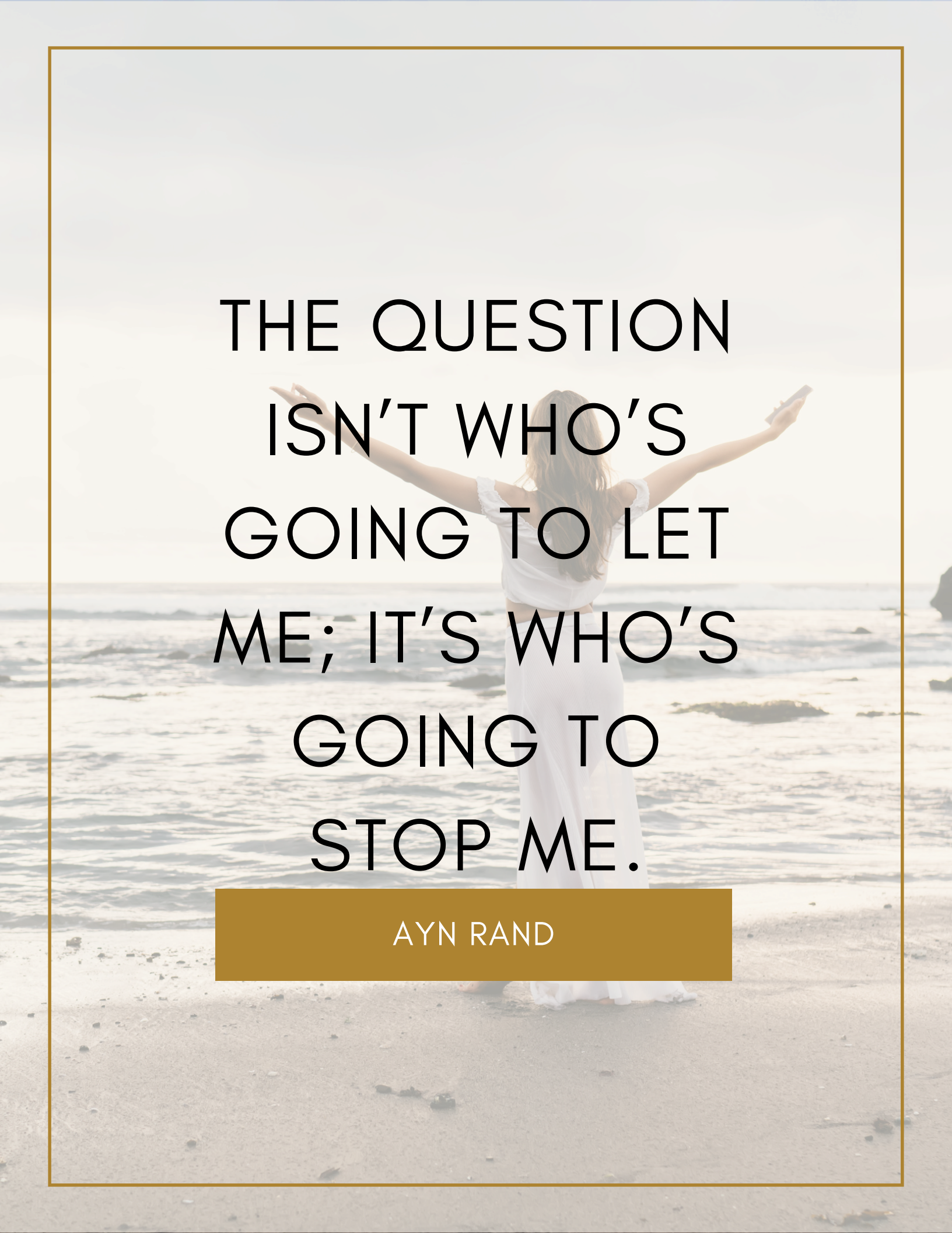
Daily Affirmation

I give myself permission to release the past.



Day 7

BECOME HER NOW!



THE QUESTION
ISN'T WHO'S
GOING TO LET
ME; IT'S WHO'S
GOING TO
STOP ME.

AYN RAND

Day 7

BECOME HER NOW!

Mindset Prompt

The woman you dream of becoming? She's already within you.

Power Move

Describe your future self in detail
—and take one action she would
take today.

Journal Question

What would change if I started
showing up as *her* today?

Daily Affirmation

I am already her. I choose her daily.

REFLECTION

Congratulations, you made it through all 7 days. That's no small feat—you committed, you showed up, and you did the work. Take a moment to honor that. To honor you.

Now, let's reflect:

REFLECTION PROMPTS

What part of the challenge impacted me the most?

How do I feel different from Day 1?

What new belief about myself do I now own?

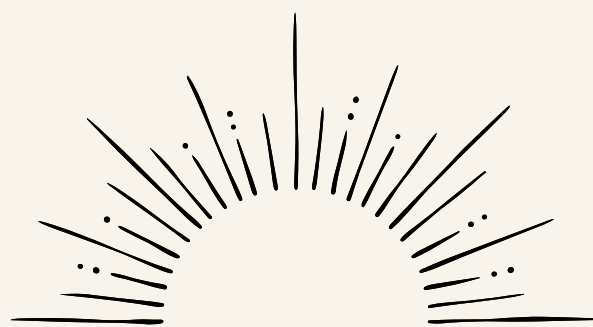
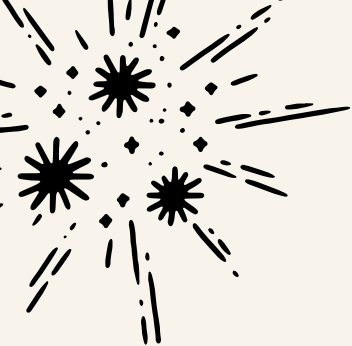
What action will I continue to take daily to protect my self-worth?

NEXT STEPS

- 1. Revisit This Challenge Again**
 - Repeat it monthly or quarterly—it will hit differently each time.
- 2. Stay Connected to Her**
 - Make your affirmations part of your daily routine. Use the bonus cards, journal often, and keep choosing you.
- 3. Share Your Story**
 - Share your experience on social media or with friends. Inspire someone else to start their journey.
- 4. Join the Movement**
 - Want to keep growing? Watch out for advanced resources, new challenges, or coaching programs to support your transformation.

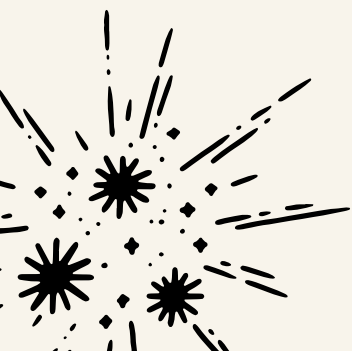
You've proven to yourself that you are capable, worthy, and already becoming her. This is just the beginning.

Keep becoming. She's already within you. 🌟



30

AFFIRMATIONS
FOR SELF-WORTH



I am worthy of
love and
respect, exactly
as I am.

I don't need to
prove my
worth to
anyone.

My value is not
determined by
others'
opinions.

I release the
need for
external
validation.

I deserve good
things simply
because I
exist.

I am enough,
even on my
worst days.

I am not
broken—I am
becoming.

I trust myself
to make
decisions that
honor me.

I say no
without guilt
and yes with
intention.

I let go of who
I was to make
room for who
I'm becoming.

My worth is
inherent,
unshakable, and
non-negotiable.

I allow myself
to take up
space and be
seen.

I am proud of
how far I've
come.

I honor my
needs without
apology.

I release the
stories that no
longer serve
me.

I am no longer
available for
relationships
that drain me.

I give myself
permission to
rest, heal, and
grow.

I celebrate my
uniqueness
every day.

I speak kindly
to and about
myself.

I choose self-
love over self-
doubt.

I am allowed
to change,
evolve, and
thrive.

I am a magnet
for healthy,
aligned
relationships.

I trust my inner
voice—it always
guides me
home.

I protect my
peace like it's
sacred—
because it is.

I choose to
rise, again
and again.

I am proud of
who I am
becoming.

I treat myself
with
compassion,
not criticism.

I am valuable
even when I'm
still figuring
things out.

I am deeply
rooted in my
own worth.

I already am
the woman I've
been waiting
to become.

30-DAY JOURNALING PROMPTS

Who am I
when I'm not
trying to
please
anyone else?

What makes
me feel the
most like
"me"?

What
messages
about worth
did I absorb
growing up?

What's one
moment in
my life when I
felt truly
powerful?

Where in my
life am I
settling—and
why?

How do I
define real
self-worth
(not what I
was told)?

What do I
need to
unlearn in
order to love
myself fully?

What have I
been holding
onto that no
longer serves
me?

What's one
belief about
myself I'm
ready to
rewrite?

Who (or what)
do I need to
forgive to
move
forward?

What does
"letting go"
look like for
me?

When have I
given away
my power—
and how can I
take it back?

What
boundary
would change
my life if I
actually
enforced it?

How can I be
more loyal to
myself this
week?

What do I love
most about
who I am
today?

What
compliments
do I struggle
to believe—
and why?

How do I want
to feel about
myself 30
days from
now?

What does my
highest self
believe about
her worth?

What would I
do differently
if I fully
trusted
myself?

What's one
thing I can do
to feel more
confident
right now?

How can I
start showing
up as the
woman I'm
becoming?

How has my
view of self-
worth shifted
this month?

What daily
habit
supports my
sense of
worth?

What does
being "her"
actually look
like in my real
life?

What would it
feel like to be
radically kind
to myself?

What's one
boundary,
habit, or
choice I'll
keep post-
challenge?

Where do I
still need to
give myself
permission to
grow?

How can I
continue
honoring my
worth every
day?

What would I
say to the
version of me
who started
this journey?

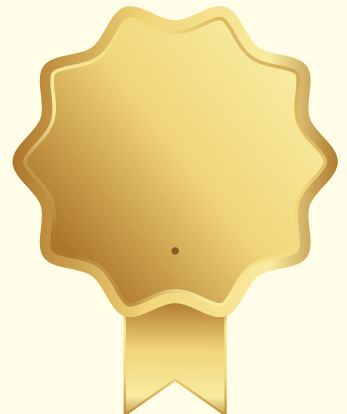
What does
being worthy
mean to me—
now?

Certificate of Completion

Proudly Awarded To

**For Successfully Completing
The 7-Day Self-Worth Challenge**

Date



COPYRIGHT DISCLAIMER

This workbook is for personal use only. No part of this material may be reproduced, shared, or distributed in any form without written permission from the author. Unauthorized use is a violation of copyright and may result in legal action.