

## Self-Belief

One thing I want to achieve is to:

Things I can do to make progress are:



## Self-Worth

What frame do I see myself with? Does it help me to remember to see myself as a miracle?

Is this the frame I want to keep?

What positive affirmation(s) would help me build my self-worth? (Download free affirmations at: [RiaStory.com/affirmations](https://RiaStory.com/affirmations))

## Self-Love

What chapter of my story helped me become who I am today?

What am I holding on to that I want or need to let go of?

## Self-Respect

My top five values are:

1)

2)

3)

4)

5)

If I could only pick two, they would be:

1)

2)

What am I willing to sacrifice to become my best self?

## Self-Care

**What positive habits do I have?**

**What habits do I have that are not serving me well?**

**What is one habit I would like to stop doing or improve?**

**What is one habit I would like to keep?**

**What is one habit I would like to create?**

## Self-Development

How can I develop my character every day? What can I read, watch, or listen to that will help me grow?

What competencies am I strong in? What skills or talents do I have? How can I develop them?

What am I passionate about? Where does my passion overlap with my gifts?

## Self-Realization

What does success look like in my life?

What does significance mean to me? What do I want my legacy to be?