



# Zenful Habits

## Self-Worth Mirror Work

### Journal Page

*“I am worthy, just as I am.”*

#### Step 1: Mirror Reflection

Stand in front of a mirror. Look into your eyes. Read the affirmation aloud:

Affirmation: "My worth is not up for debate. I am enough just as I am."

How did it feel to say this?

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#### Step 2: Inner Dialogue Rewrite

What critical thought or belief came up as you looked in the mirror?

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Now rewrite it into a loving truth.

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#### Step 3: Mirror Work Intention

Today, I choose to honor my worth by...

- Setting a boundary I've been avoiding
- Speaking kindly to myself
- Saying no without guilt
- Doing something that brings me joy
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#### Final Reflection

One thing I want to remember from today's practice:

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*“You don't have to prove your worth—just remember it.” – ZenfulHabits.com*