

## **The Real Makeover: Reclaiming Self-Worth from the Inside Out**

This worksheet is designed to help you explore the deeper beliefs behind the desire for quick-fix changes. Use it to reconnect with your inner voice, rewrite limiting stories, and reframe how you see yourself.

### **1. ✨ The Mirror Moment**

- What do you usually say to yourself when you look in the mirror?
- Where did that voice come from? Is it yours, or someone else's?
- What would you say to a friend who felt the way you do about their selves?

### **2. 🚫 Quick Fix Temptations**

- What changes do you often wish you could make instantly (body, clothes, appearance)?
- What do you believe would change emotionally if those things were "fixed"?
- Have those changes ever actually delivered lasting peace or confidence in the past?

### **3. 🧠 Underneath It All**

- What does "not enough" sound like in your mind? Write down the actual words.
- Where do you think this belief began?
- Is it 100% true? What's a gentler version that might also be true?

### **4. 🌱 Reclaiming the Real You**

- Finish this sentence: "When I stop trying to be perfect, I..."
- What makes you feel visible and valued (beyond your appearance)?
- Write one statement of truth you want to carry with you:

" \_\_\_\_\_ "

### **5. 💬 New Mirror Affirmations (choose or create your own)**

- My presence is powerful.
- I don't have to shrink to belong.
- My beauty is in my presence and my wisdom, not my age.
- I am learning to be visible without apology.
- I am enough.