

Your Power Awakens - Reflection Exercises & 7-Day Plan

Five exercises on self-love, self-worth and inner dialogue – plus a 7-day plan for a kinder relationship with yourself.

5 reflection exercises on self-love & confidence

Self-love is not a mood, it is a practice. These five exercises make it concrete.

1. Your inner critic

Write down the three sentences you judge yourself with most harshly. (20 min)

- Whose voice do you hear in them?
 - When do these sentences typically appear?
 - What would a kind version of that sentence sound like?
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2. Collecting evidence

Gather proof of your worth – against the feeling of not being enough. (15 min)

- Which three situations show your strength?
 - What did people thank you for recently?
 - What have you survived that others underestimate?
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3. Self-compassion letter

Write yourself a letter from the perspective of someone who loves you unconditionally. (20 min)

- What would this person say about your last few months?
 - Which mistake may you forgive yourself for?
 - Which sentence do you want to tell yourself daily?
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4. Boundaries & yes/no balance

Self-love shows in what you say no to. (15 min)

- Where do you regularly say yes while meaning no?
 - What does that yes cost you - in time, energy, self-respect?
 - Which kind no will you say this week?
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5. Your sources of energy

List the things that reliably refill you. (10 min)

- Which of them have you skipped for weeks?
 - Which take less than 15 minutes?
 - Which two will you schedule firmly into your week?
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7-day transfer plan

One small act of self-respect per day – 10 to 20 minutes.

Day 1 Listen

Observe for one day how you speak to yourself internally.

↳ *Do you speak to yourself like a friend or like an opponent?*

Day 2 Expose the critic

Rewrite your three harshest sentences into kind ones.

↳ *What does the new tone change inside you?*

Day 3 Prove your worth

Collect ten pieces of evidence for your strengths and wins.

↳ *Which piece of evidence touches you most?*

Day 4 Self-compassion

Write the self-compassion letter and read it out loud.

↳ *What felt uncomfortable when reading aloud – and why?*

Day 5 Set a boundary

Say one clear, friendly no.

↳ *How did you feel afterwards?*

Day 6 Refill

Schedule one source of energy and do it today.

↳ *What did it give back to you?*

Day 7 Anchor

Define a daily mini-ritual of self-respect for the next 30 days.

↳ *How will you notice the difference in 30 days?*

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