

GWE Self-Worth Checklist

Because knowing your worth is the ultimate flex.

How to Use the GWE Self-Worth Checklist

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This is more than a checklist-it's a mirror, a reminder, and a reclaiming.

Step 1: Choose Your Rhythm

- Use it daily to ground yourself in confidence.
- Use it weekly to reflect on your emotional and mental alignment.
- Or use it whenever you feel like your boundaries are being tested.

Step 2: Check In Honestly

- Go through each section: Mindset, Boundaries, Self-Care, Boss Energy, Reflections.
- Check what's true for you in this moment-no guilt if boxes are left blank.
- Use unchecked boxes as gentle prompts for growth, not judgment.

Step 3: Reflect with Intention

- Ask yourself:

"What shifted this week?"

"What do I need more of?"

"What am I proud of?"

Step 4: Reaffirm Your Energy

- Choose one statement to speak out loud as your affirmation for the day.
- Or write it in your journal and explain why it resonated.

Optional: Grown Woman Accountability

- Share your checklist moment with your GWE squad or support circle.
- Use it during your monthly reset, therapy, or GWE podcast reflections.

Reminder: This is your journey. Progress is not perfection. The goal is alignment, not approval.

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Mindset Check

- ☐ I speak kindly to myself, even when I make mistakes.
- ☐ I do not chase people-I attract what aligns with me.
- ☐ I release guilt for prioritizing myself.
- ☐ I understand that my peace is more important than their approval.
- ☐ I celebrate my wins-big or small.

Boundary Check

- ☐ I say "no" without over-explaining.
- ☐ I don't allow access to people who repeatedly drain me.
- ☐ I walk away when I'm not respected.
- ☐ I protect my time like it's a luxury item.
- ☐ I no longer feel bad for outgrowing people.

Self-Care & Self-Love Check

- ☐ I schedule time just for *me*-non-negotiable.
- ☐ I move my body in a way that makes me feel good.
- ☐ I've identified my emotional needs-and I honor them.
- ☐ I nurture my joy and allow myself to have fun.
- ☐ I speak affirmations that match the woman I'm becoming.

Boss Energy Check

- ☐ I know what I bring to the table-and I built it myself.
- ☐ I don't shrink to make others comfortable.
- ☐ I'm building something for myself-legacy included.
- ☐ I don't measure success by someone else's timeline.
- ☐ I own my power, flaws and all.

Grown Woman Energy Reflections

- ☐ When I feel disrespected, I respond-not react.

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- ☐ I trust my intuition and act accordingly.
- ☐ I recognize that healing is not linear-and I'm still worthy mid-journey.
- ☐ I surround myself with people who match my energy.
- ☐ I am not for everyone-and that's perfectly okay.