



THE SELF-WORTH RESET WORKBOOK

Heal, Rebuild & Glow After a Breakup

HELLO!



Entisar Terweij

Heartbreak cheerleader

Congratulations on taking this step towards healing and stepping into your power. This workbook is your companion to **The Self-Worth Reset Audio-Workshop**, designed to help you release pain, rebuild confidence, and glow from within.

How to use this workbook:

- ✍️ Find a quiet space where you can reflect and journal.
- 🎧 Listen to the audio-workshop The Self-Worth Reset.
- Be honest with yourself—self-worth starts with self-awareness.
- Don't rush! Healing is a journey, not a race.
- Exercises with a microphone icon are mentioned in the audio-workshop 🎙️.

I wish you a lot of inspiration and motivation while going through the audio-workshop and workbook. And remember, you are not alone.

-XXX-

Entisar

Let's go!

PART I

RELEASE & HEAL

 What emotions am I still holding onto from my past relationship that is not serving me? Write down in the notes on the next page. 
(Write freely—anger, sadness, regret, relief, love, etc.)

 What is the breakup teaching me about myself? 

Triggers:

Each of us has triggers—songs, places, social media posts—that remind us of what we've lost. These triggers can send us spiraling into sadness or anger.

Take a moment to think: **What are your triggers?** Is it checking their Instagram? A certain song? Passing by your favorite restaurant? Simply noticing these triggers is the first step to managing them.

 Write down in the notes a few triggers that come to mind.

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PART I

RELEASE & HEAL

✍️ What are 3 things I need to forgive (either myself or my ex) to move forward?

(Example: I forgive myself for ignoring red flags. I forgive them for not choosing me)

Letting Go Ritual

- Take a deep breath.
- Imagine placing all your pain into a balloon.
- Now, visualize letting it float away.
- ✍️ Write down one sentence of release: “I let go of...”



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PART II

REBUILD & RECLAIM


Self-Worth Reset Exercise

If I fully loved and respected myself, what would I stop tolerating?

(Example: I would stop chasing people who don't see my worth)

What are 3 things that make me uniquely amazing?

(Example: My kindness, my humor, my creativity)



I am
enough

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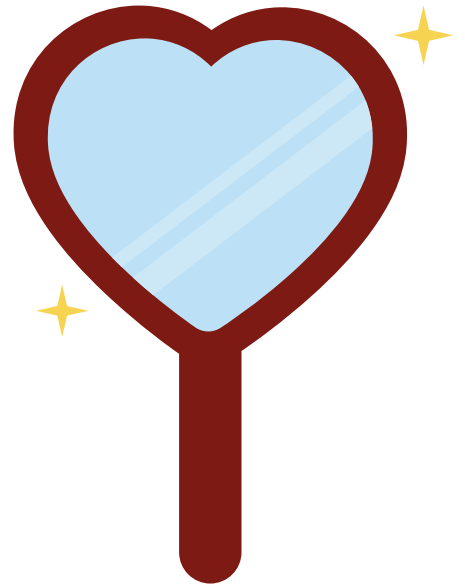
PART II

REBUILD & RECLAIM

The Mirror Method

Tonight, stand in front of a mirror and say these affirmations out loud:

- *“I see you.”*
- *“You are beautiful.”*
- *“You are worthy of extraordinary love.”*



How did this make you feel? Write down your emotions below in the notes.

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PART III

GLOW & ATTRACT

🌟 Your Magnetic Woman Vision 🎤

Picture yourself **6 months** from now—healed, glowing, confident.

- What does she wear?
- How does she walk into a room?
- What energy does she give off?

✍️ 🎤 Write down:

- What are 3 habits this future version of me practices daily?

(Example: Speaks kindly to herself, prioritizes self-care, attracts people who respect her)

- How can I show up for myself the way I wanted them to?



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PART III

GLOW & ATTRACT

🌟 Manifesting Healthy Love & Abundance

Write your personal affirmation for attracting love, joy, and abundance:

Example: *"I am a magnet for healthy love, joy, and confidence."*

MANIFEST

[illegible]

You did it!

🌟 **What is one promise you are making to yourself today?**
(*Example: I promise to choose myself first*)

🌟 Keep this workbook as a reminder of your growth. Whenever you need a confidence boost, come back to these exercises.

🌟 You are magnetic. Never forget it. 🌟

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LET'S CONNECT!



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Love, Entisar



YOU
GO
GIRL!

