

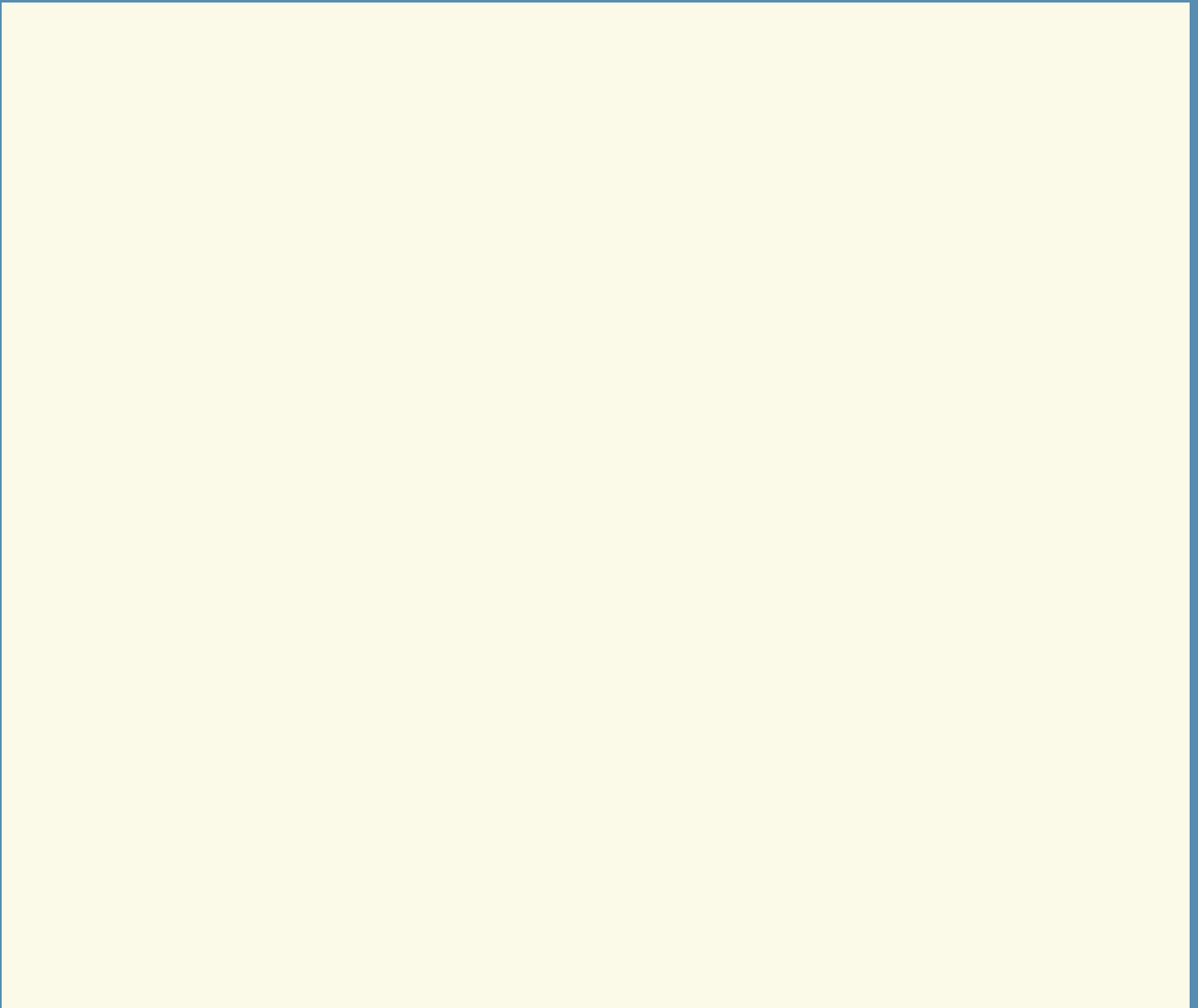
# THE BOOST!

5 exercises to boost your self worth!

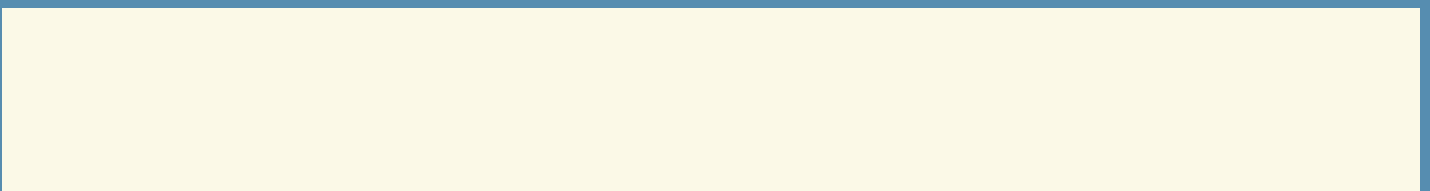


# THINGS THAT NOURISH YOUR SOUL

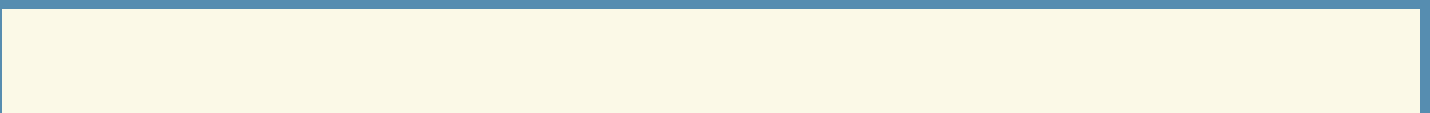
Write a list of all the things that light you up, or nourish your soul. This could be as simple as snuggling up on the sofa, or listening to birds sing, or eating your favourite food. List all the things that make you feel happy.



Now you know what nourishes you. How can we add more of this into your life? Increasing the time you spend doing things you love helps to keep you in a positive frame of mind, which will help promote a more confident outlook. Write down which of these moments, or activities you can do more often!

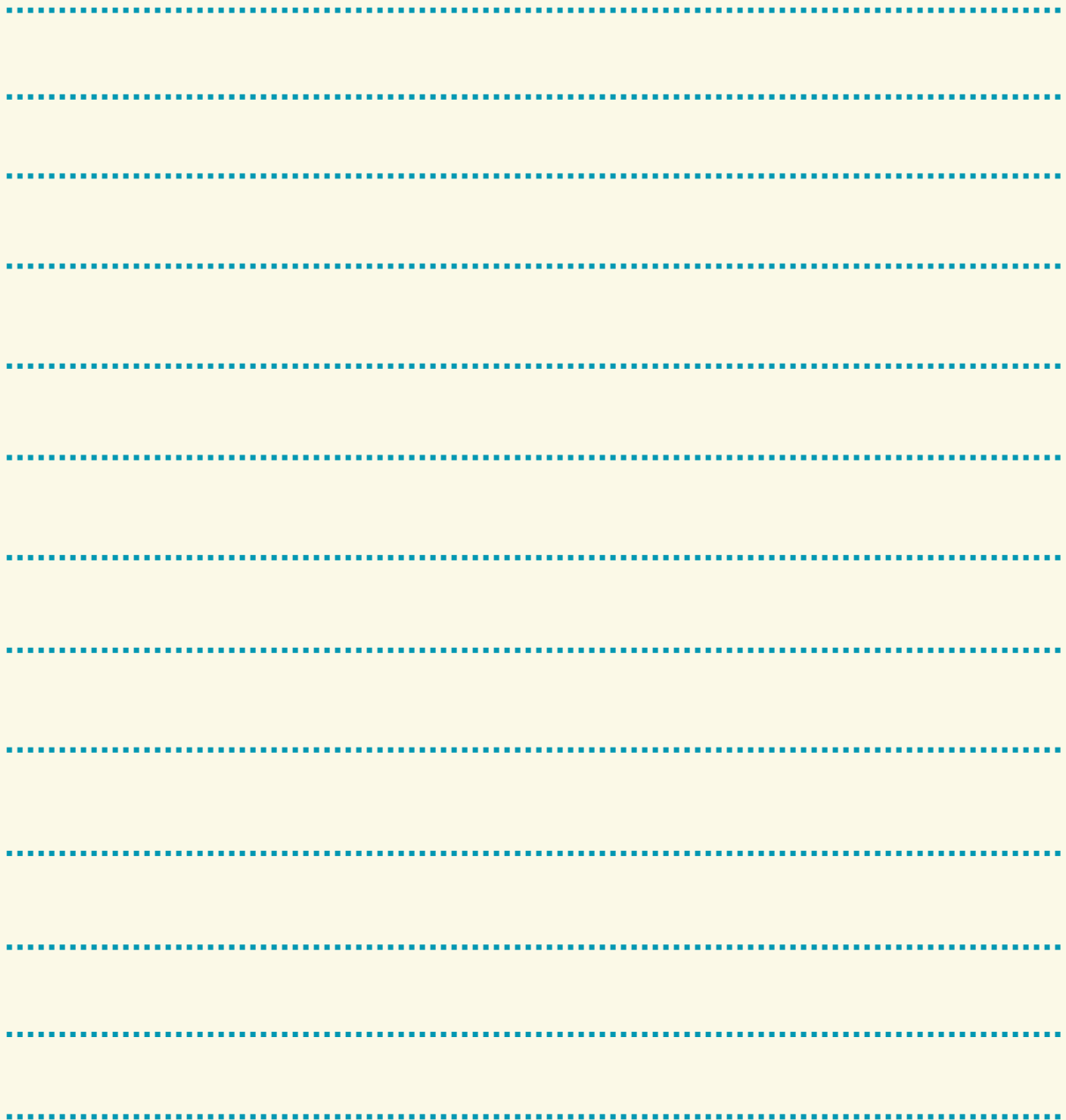


How can you keep yourself accountable to do a few of these activities each day?



# LIST 10 THINGS YOU DO WELL

Write a list of some of your qualities or talents that you do well. The types of things you often get complimented for, things you're naturally good at, put in some detail. Example - I am a kind person I am often told I do nice things for others.



A large white rectangular area containing 10 horizontal dotted lines for writing.

# GRATITUDE LIST

Did you know focussing on gratitudes can help enhance your self worth? According to Harvard Health, "Gratitude helps people feel more positive emotions, relish good experiences, improve health, deal with adversity and build strong relationships."

Write a daily gratitude list of the positive people, goodness and your own qualities that enhance your life.

A series of 15 horizontal dotted lines on a light yellow background, intended for writing a daily gratitude list.

# COHERENCE BREATH

Coherence breath is a powerful tool for connecting back to yourself. It promotes unity between the body, mind and heart. This breathing technique can be done easily and has many benefits. Coherence breath helps to relieve stress, improve mood, relieve anxiety and overall wellbeing. Breathing through the nose inhale for the count of 5, exhale through the nose for a count of 5. Do this for about 5 minutes.

# BOOST AFFIRMATIONS

Speaking and writing affirmations can be an incredible tool to rewire your mind to positive self talk and move you towards a happier mind. Even if you don't believe the affirmation at first, you will after repeating it so many times and you will soon feel great! Have a go!

**Choose your affirmation to repeat internally or write in your journal for the rest of the week!**

## Which affirmation are you drawn to at present?

- I am growing and learning every day
- I am enough
- I am in charge of me
- I choose happiness
- I am doing my best
- I grow with every challenge
- I deserve to feel good about myself
- Every day is a new start
- I can overcome setbacks
- I am unique
- I am courageous
- I have all that I need within me
- I am strong
- I take steps forward
- I am me

## Which affirmation did you choose for this week?



# CONGRATULATIONS!

You have completed The Boost worksheets - congratulate yourself for taking action towards your self worth.

**I'd love to hear how you found these exercises. If you are interested in learning more about boosting your self worth get in touch.**

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I look forward to speaking to you!



**Nanette Davies**

Breathwork/Transformation Coach