

I AM WORTHY

**SOMETIMES I GET OFF TRACK, THAT'S OK
ALL I HAVE TO DO IS CHANGE MY MIND
SOMETIMES I WIN AND SOMETIMES I LEARN
EITHER WAY I'M OK**

[CHORUS]

**I AM WORTHY ...OOH, OOH, OOH, OOHOO
YEAH, AS I AM
I FEEL IT, I KNOW IT
OOH OOH OH OH YEAH, I AM WORTHY
OOH OOH YEAH, SO GRATEFUL TO BE ME**

**MY MISTAKES DON'T DEFINE ME
ALL MY JUDGMENTS I SET FREE
NO ONE IS PERFECT, INCLUDING ME
I ACCEPT MYSELF AS I AM**

[REPEAT CHORUS]

**I HAVE A PURPOSE AND GIFTS TO SHARE
FREE OF EGO, STRESS AND FEAR
I FORGIVE AND I LOVE MYSELF
FEELING PROUD TO BE ME**

[REPEAT CHORUS]

**NO NEED TO SEEK VALIDATION
I TRUST MY INTUITION
EVEN WHEN MY LIFE GETS TOUGH
I KNOW I AM ENOUGH**

**I AM WORTHY ...OOH, OOH, OOH, OOHOO
YEAH, AS I AM
I FEEL IT, I KNOW IT
OOH OOH OH OH YEAH, I AM WORTHY
OOH OOH YEAH, I'M GRATEFUL TO BE ME
OOH OOH OH OH YEAH, I AM WORTHY
OOH OOH YEAH, I FEEL IT, I KNOW IT
I AM WORTHY!**



MINDFUL MOMENTS

MY JOURNAL



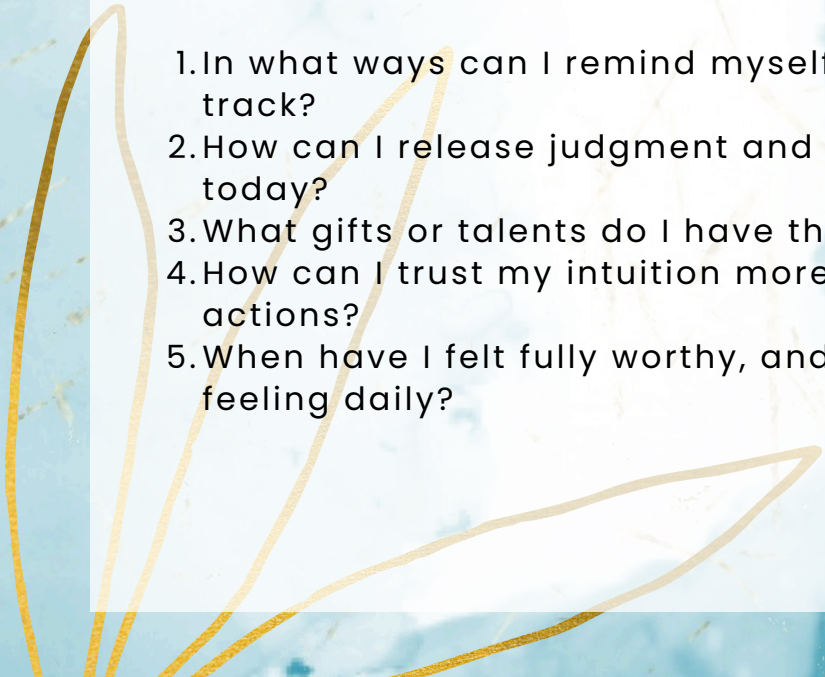
Why Journaling Helps You Heal & Shift Your Mindset


Journaling is a powerful way to process, release, and realign your thoughts. Writing things down by hand makes the experience deeper than typing—it slows you down, engages your brain differently, and helps you truly connect with what you feel.

- Releases emotions – Gets thoughts and feelings out of your head and onto paper.
- Brings clarity – Helps you see situations and patterns more clearly.
- Tracks growth – Looking back shows progress you may not notice day-to-day.
- Strengthens intention – Writing creates a stronger mind-body connection than keeping everything in your head.
- Encourages healing – Shifts negative cycles into empowering insights.

Remember, there's no "right" way to journal. Use the prompts often, repeat them as you grow, and let your pages reflect your journey.

Journal Prompts for I am Worthy

1. In what ways can I remind myself of my worth when I feel off track?
 2. How can I release judgment and embrace self-compassion today?
 3. What gifts or talents do I have that I can share with confidence?
 4. How can I trust my intuition more deeply in my decisions and actions?
 5. When have I felt fully worthy, and how can I cultivate that feeling daily?
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I have unique
gifts and
purpose to
share with the
world.

My mistakes
do not define
me; I learn
and grow from
them.

I am worthy
exactly as I
am.

I forgive and
love myself
fully, without
conditions.

I trust my
intuition and
make choices
aligned with
my highest
good.

I am worthy
exactly as I
am, in every
moment.

I release all
judgments
and embrace
self-
acceptance.

I feel proud
and grateful
for who I am.