

You Are More Than a Number



A 5-Day Self-
Worth Reset
Journal for
Women Ready to
Break Free
from the
Weight-Worth
Trap

Dear Beautiful Soul,

For too long, we've been taught that our worth is tied to a number on the scale. I know this struggle intimately and I want to help you rewrite the story.

This 5-day journey is your invitation to reclaim your worth, nourish your soul and remember:

You are more than a number.

You are a miracle!

With love,

Kim Murphy 

Empowerment Coach for Women

✧ How to Use This Journal

Welcome to *You Are More Than a Number: A 5-Day Self-Worth Reset Journal*. This space is sacred. It's your time to reflect, reclaim and reconnect with the truth: your worth is not tied to a number on a scale.

Here's how to make the most of it.

🌸 1. Create a Quiet Space

Set aside 10-15 minutes each day. Choose a calm, cozy space – maybe with a candle, a warm drink or your favorite music in the background. This is your time.

✍️ 2. Write Freely and Honestly

Each day offers prompts to help you explore your thoughts, feelings and beliefs. Don't worry about spelling, grammar or being "positive." Just be real. Let the words flow from your heart.

💡 3. Reflect After Writing

Once you've finished, take a moment to breathe and notice how you feel. Are there patterns, surprises, or shifts? Give yourself permission to feel whatever comes up.

🔥 4. Optional Emotional Release: Burn After Reading

Some entries may stir deep emotions or bring up painful memories. If you feel ready, release those feelings by safely burning the page (fire-safe container, outside, supervised). As the paper turns to ash, say goodbye to the old story.

Not into fire? You can also tear the page, bury it, or even toss it into water. The ritual is about letting go.

🌸 5. Repeat Daily for 5 Days

Consistency builds clarity. Trust the process and return each day with compassion and curiosity.

💖 Ready to Go Deeper?

You've just scratched the surface of your self-worth reset. As a thank-you for showing up for yourself, you can now join the full 7-Day Self-Love Course – normally \$97 – for just \$47.

It's your next beautiful step toward loving yourself – mind, body, and soul.

👉 7-day Self-love Journey



Day 1: Name the Lie

What have I believed about my weight and my worth?

Where did this belief begin?

Affirmation:

I am worthy exactly as I am.



Reclaim Your Power

How has this belief held me back from living fully?

This image shows a single sheet of cream-colored paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and some minor discoloration or foxing, particularly towards the edges. The background is dark, making the light-colored paper stand out.

Affirmation:

My power is mine to
reclaim.



Day 3:

Release the Shame

What would I say to my
younger self who started
believing this?

Affirmation:

I forgive myself for ever
thinking I had to be smaller
to be loved.



Day 4:

Rewrite the Story

What would I say to my
younger self who started
believing this?

Affirmation:

I forgive myself for ever
thinking I had to be smaller
to be loved.



Day 5:

Step Into Freedom

What is one small, loving
action I can take today to
honor my body and my
truth?

Affirmation:

I am already enough.

🌸 Ready to Keep the Momentum Going?

You've started reconnecting with your worth – and that's powerful. But this is just the beginning.

If you're ready to take the next beautiful step in loving yourself mind, body and soul, I invite you to join my 7-Day Self-Love Course – normally \$97, available to you for just \$47 as a thank-you for completing this journal.

✨ What You'll Get in the 7-Day Self-Love Course:

- 💖 Daily empowering lessons delivered to your inbox

- 💖 Beautiful "I AM" affirmations to shift your self-talk

- 💖 Forgiveness practices to release what's been holding you back

- 💖 Simple rituals to help you nurture yourself every day

- 💖 A gentle plan to build habits that reflect your worth

This is self-love in action – and your journey deserves that kind of devotion.

[🔗 7-day Self-love Journey](#)

Click here to say YES to yourself for only \$47 (use code SELFLOVE)

You are more than a number.

You are a woman of worth and your next chapter starts here.

💌 Ready to Go Deeper?

Are you tired of carrying the weight of old wounds, outdated stories and limiting beliefs that no longer serve you?

✨ This is your invitation to release what's been holding you back - gently, powerfully and with support.

My Empowerment + Gentle Trauma Release Coaching is a deeply nurturing space where we:

- ✨ Identify and release the emotional patterns rooted in past experiences

- ✨ Rewire self-sabotaging beliefs and reclaim your self-worth

- ✨ Reconnect to your intuition, desires and inner peace

- ✨ Create lasting shifts in how you see yourself and what you believe you deserve

This is more than talk. This is transformation - from the inside out.

🌸 If you're ready to heal your story and step into your full worth and power... Use code EMPOWER for 50% off at checkout.

💖 You deserve this. Let's walk this healing journey together. You're not alone anymore.

✦Notes:

Handwriting practice lines consisting of 30 horizontal dashed lines.

♥ Love and empowerment, Kim ♥

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