

**Workbook**

**7**

**Days**

*To Lasting Love*



## Day 6: Action items

### Self reflection

Spend some quiet time reflecting on the question, “Who am I?” Go beyond your job, location, or achievements. What are your core values, passions, and dreams? What makes you uniquely you?





## Day 6: Action items (continued)

### Journal exercise

Write a letter to yourself from the perspective of someone who loves you unconditionally. What would they say about your true essence? How do they see the real you?





## Day 6: Action items (continued)

### Affirmations

Create a list of affirmations that celebrate your authentic self. Repeat these affirmations daily to reinforce your true identity and build confidence in showing up as yourself.





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### Mirror work

Stand in front of a mirror, look into your own eyes, and speak these affirmations out loud. This can be a powerful exercise in embracing and expressing your true self. Remember, the goal is not to change who you are but to uncover and embrace your authentic self

