

EMBRACE
YOUR TRUE
SELF

A FREE JOURNEY TO
SELF-LOVE WORKBOOK



WORKBOOK

@RE-WRITEYOURSTORY & WRITTEN BY: ANITA MUSCA COACH

Welcome!

Dear Beautiful Soul,

Welcome to the "Embrace Your Inner Radiance" workbook, a transformative journey to help you unleash your true self and embrace the radiance within you. We believe that every woman deserves to feel empowered, confident, and deeply in love with herself.

This workbook is a powerful tool designed to guide you on a path of self-discovery, self-acceptance, and self-love. It's a safe space for you to explore your thoughts, emotions, and beliefs about yourself, your body, and your life. Through reflection and exercises, you will unlock the door to a more positive and fulfilling relationship with yourself.

Our mission is to support you in breaking free from limiting beliefs and embracing your uniqueness. You are worthy of love, success, and all the wonderful things life has to offer. This workbook will empower you to step into your true essence, shining brightly as the radiant woman you are.

We encourage you to approach this journey with an open heart and a willingness to grow. Be gentle with yourself, and remember that every step you take brings you closer to a life filled with self-love and empowerment.

Let this workbook be your trusted companion as you embrace your inner radiance and step into the beautiful, authentic woman you were always meant to be.

With love and support,

Anita Musca



ABOUT ME

I created this workbook because I have personally experienced the challenges of being a woman in our world, including body dysmorphia and eating disorders. I want to provide the resources and guidance I wish I had during my healing journey to help other women find self-acceptance and embrace their true selves with love and empowerment.

SELF-REFLECTION AND AWARENESS

Take a moment to reflect on your daily habits and routines, write below:

How do you feel when you look at yourself in the mirror? Describe the emotions that arise and any thoughts that come to mind.

What words or phrases do you often use to describe yourself? Are they empowering and uplifting, or do they lean towards self-criticism?

SELF-REFLECTION AND AWARENESS

How do you talk to yourself when you make a mistake or face a challenge? Are you compassionate and encouraging, or do you tend to be harsh and judgmental?

When you think about your body, what comes to mind? Are there specific parts you struggle to accept, and if so, why?

How does your perception of your body affect your overall self-esteem and confidence in daily life?

OVERCOMING LIMITING BELIEFS

Write down three positive affirmations about yourself and your body.

Identify any limiting beliefs you have about your body and self-image

Write down one positive action you can take to overcome a specific limiting belief.

EMBRACING SELF-LOVE AND COMPASSION

In what situations do you find it challenging to offer yourself compassion and kindness?

Are there any negative self-talk patterns or beliefs that prevent you from treating yourself with the same kindness you would offer a friend in a similar situation?

Create a self-love mantra or affirmation to repeat daily

NURTURING YOUR INNER GODDESS

What are some moments in your life when you felt truly confident and proud of yourself?

When have you overcome significant challenges or obstacles, and what strengths did you rely on to achieve those successes?

Connect with your inner goddess and celebrate your feminine energy!
Create a self-care practise that makes you feel radiant and empowered



WANNA LEARN MORE?

This workbook is designed to be a free resource to support women in their journey towards self-love and empowerment.



For full version of this course check out :
re-writeyourstory.net

[@re.writeyourstory](https://www.instagram.com/re.writeyourstory)

Via the contact page.

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