

*The* EMPOWERED  
WOMAN



TOOLKIT

Affirmations, Tools, and Prompts to Help You  
Become *Her*

[www.mebecomingher.com](http://www.mebecomingher.com)



## WELCOME TO YOUR EMPOWERED JOURNEY

This toolkit is your starting point for embracing your power, healing, and transformation. Use these affirmations, prompts, and tools daily to reconnect with yourself and take inspired steps toward becoming the woman you aspire to be.

# Affirmations



Morning

I am worthy of success and happiness.



Evening

I let go of what no longer serves me.





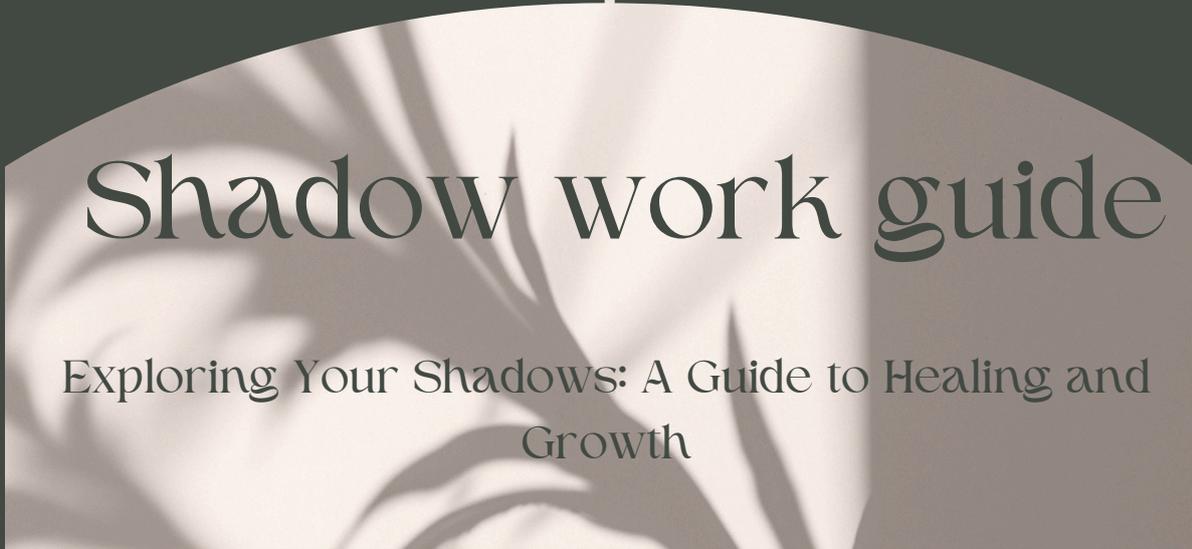
Daily affirmations are a powerful tool for rewiring your brain and transforming your mindset. Repeating positive statements helps to replace limiting beliefs with empowering thoughts, creating new neural pathways in the brain. This process, called *neuroplasticity*, enables your mind to shift from patterns of self-doubt or negativity to confidence and positivity.

Affirmations work by engaging your subconscious mind, which influences your actions, emotions, and decisions. Over time, they strengthen your belief in your abilities and align your thoughts with the reality you want to create.

### *How to Do Affirmations Properly*

1. **Be Specific and Positive:** Use affirmations in the present tense, such as "I am healthy and thriving," instead of "I will be healthy."
2. **Feel the Emotion:** As you say them, connect with the emotions they evoke. Feel as if the affirmation is already true.
3. **Repeat Consistently:** Practice affirmations daily, ideally in the morning or before bed, to integrate them into your routine.
4. **Visualize Your Affirmations:** Pair your affirmations with mental images of your desired outcomes for greater impact.

With consistent practice, affirmations can reshape your thoughts, enhance your self-belief, and bring positive changes into your life.



# Shadow work guide

Exploring Your Shadows: A Guide to Healing and Growth

## What Is Shadow Work?

Shadow work is the process of exploring the hidden parts of yourself—the beliefs, fears, and emotions you've suppressed or ignored. These shadows often shape your behavior and hold you back from living authentically. By acknowledging and integrating them, you can heal, grow, and reconnect with your true self.

## Why Shadow Work Matters

- Unveils hidden fears and limiting beliefs.
- Heals unresolved emotional wounds.
- Strengthens your connection to your authentic self.
- Unlocks deeper self-love and understanding.

Follow these steps to begin your healing journey:

## 1. Create a Safe Space

- Find a quiet, comforting environment where you can reflect without judgment or interruption. Bring a journal, soothing music, or candles if it helps set the mood.

## 2. Set an Intention

- Begin your session by stating an intention, such as:
  - "I am here to understand myself better."
  - "I am ready to heal and grow."

## 3. Use Shadow Work Prompts (next page)

- Reflect on specific questions to uncover suppressed thoughts and feelings. Write your answers honestly, without self-judgment.

## 4. Observe Your Emotions

- As you explore your shadows, uncomfortable emotions might arise. Instead of resisting them, observe and acknowledge them with compassion.

## 5. Integrate What You Learn

- Shadow work isn't about "fixing" yourself—it's about accepting all parts of you. Embrace what you've uncovered and take small, intentional steps to heal and grow.





# 10 Starter Prompts for Shadow Work

- ♡ What childhood memory still causes me pain or discomfort?
  - ♡ What do I fear most about failure, and why?
  - ♡ Which emotions do I find hardest to express?
  - ♡ Who or what triggers anger or resentment in me, and what does this reveal?
  - ♡ What beliefs about myself no longer serve me?
  - ♡ How do I sabotage myself when things start going well?
  - ♡ What qualities in others irritate me, and why?
- ♡ When have I felt ashamed, and how does that experience shape my actions now?
  - ♡ What part of myself am I afraid to show to the world?
  - ♡ What does my inner child need to hear or feel today?

# TIPS FOR SUCCESS

- Practice Patience: Shadow work is a journey, not a quick fix. Give yourself grace as you heal.
- Seek Support: If emotions feel overwhelming, consider reaching out to a trusted friend, therapist, or spiritual guide.
- Stay Consistent: Dedicate a small amount of time each week to shadow work for gradual transformation.

*"The wound is the place where the Light enters  
you."  
- Rumi*

# A COLLECTION OF JOURNAL PROMPTS TO ENCOURAGE DEEP REFLECTION AND PERSONAL GROWTH.

..... What does your best version of yourself look like? .....

What limiting beliefs do you need to release to become the woman you want to be?

..... What brings me the most joy and fulfillment in life? .....

..... What does the best version of myself look like? .....

..... What is one goal I've been afraid to pursue, and why? .....

..... If I had no fear, what would I do today? .....

What emotions or thoughts am I holding onto that no longer serve me?

..... Who or what do I need to forgive, and how can I start? .....

..... How can I nurture myself during times of stress or difficulty? .....

..... Who inspires me, and what qualities do I admire in them? .....

..... What's one thing I've achieved that I'm truly proud of? .....

..... What unique gifts or talents can I share with the world? .....

If I could talk to my future self, what advice would she give me?

..... How can I embrace gratitude more fully in my daily life? .....

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"Self-discovery is the key to living a life that feels truly yours."

# Self-Care Checklist: Daily, Weekly, and Monthly Practices

## Daily



Drink at least 8 glasses of water.



Take 10 minutes to meditate or practice mindfulness.



Move your body (yoga, walking, stretching).



Write 3 things you're grateful for.



Nourish your body with my a balanced meal.



Practice a skincare routine or other personal hygiene rituals.

## Weekly



Spend an hour doing something you love (reading, painting, etc.)



Connect with nature (go for a hike, visit a park)



Declutter a small area of your space (desk, closet, etc.)



Schedule a "no work" day or an afternoon of rest.



Call or meet up with a loved one to reconnect.



Treat yourself to something special (a bubble bath, a new book, etc.)

## Monthly



Review your goals and set intentions for the month ahead.



Treat yourself to a pampering session (spa, massage, or DIY)



Try something new (a hobby, restaurant, or experience)



Do a digital detox—clear your inbox and organize your devices.



Donate or give away items you no longer use.



Celebrate your wins, big or small, with a small reward or outing.

"Taking care of yourself is the most powerful way to show up for the world."

# TIPS FOR MORNING RITUALS



How you start your morning sets the tone for your entire day.

## 1. Wake Up with Intention

Avoid checking your phone immediately.

Take a few deep breaths and set an intention for the day, such as:

"Today, I choose to show up with confidence and grace."

## 2. Hydrate Your Body

Start your day with a glass of water to rehydrate after sleep.

Add lemon or a pinch of sea salt for an extra detoxifying boost.

## 3. Practice Gratitude

Write down 3 things you're grateful for in a journal.

Reflect on how they make you feel and allow that energy to guide your day.

## 4. Move Your Body

Do light stretches, yoga, or a short walk to wake up your muscles.

Even 5-10 minutes of movement can boost energy and mental clarity.

## 5. Nourish Your Mind

Read an uplifting book, listen to a motivational podcast, or recite affirmations.

Examples of affirmations:

"I am capable of achieving my dreams."

"I am aligned with my highest self."

## 6. Journal Your Thoughts

Spend 5-10 minutes writing about:

Your dreams or goals for the day.

Anything on your mind to release mental clutter.

## 7. Visualize Your Day

Close your eyes and imagine your day going smoothly.

Picture yourself handling challenges with ease and ending the day feeling accomplished.

## 8. Create a Skincare or Self-Care Routine

Use your morning skincare routine as a mindfulness practice.

Focus on the sensations and appreciate the time you're taking for yourself.

## 9. Fuel Your Body

Eat a nourishing breakfast or sip on something gentle like herbal tea or a smoothie.

Opt for foods that energize you, like oatmeal, fruits, or eggs.

## 10. Start Small

You don't have to include every ritual at once. Choose 2-3 that resonate with you and build over time.



DATES :

MOOD :

# DAILY JOURNAL

YOUR THOUGHTS

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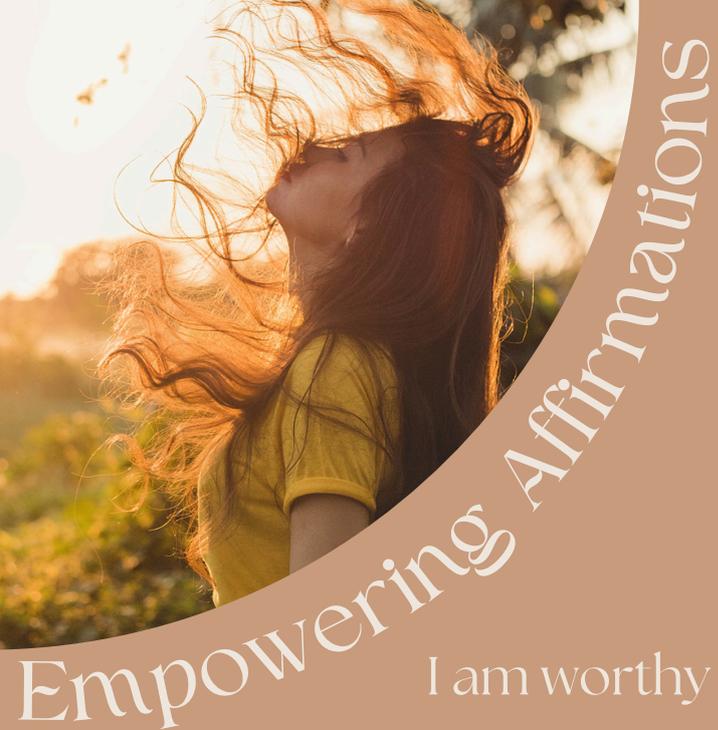
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GOAL

TO DO LIST

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I am worthy of the life I desire.



I walk into every room with confidence and grace.



I trust myself to make the best decisions for my life.



I am radiant, magnetic, and unstoppable.



I embrace my uniqueness and let it shine.



I am becoming the woman I've always dreamed of being.



I embody the qualities of the woman I aspire to be.



I turn challenges into opportunities for growth.



I am resilient, strong, and capable of achieving anything.



I release self-doubt and embrace self-love.



I am the creator of my own reality.



# CONGRATULATIONS

ON TAKING THIS BEAUTIFUL STEP  
TOWARD BECOMING THE WOMAN YOU'VE  
ALWAYS DREAMED OF BEING.

Remember, true empowerment comes from within—it's about embracing your strengths, honoring your journey, and showing up for yourself every single day.

As you work through these tools, affirmations, and practices, know that you are creating a life that aligns with your highest self. Progress isn't always linear, and that's okay. Every small step, every reflection, and every moment of self-love brings you closer to the powerful, radiant woman you are destined to become.

Take These Truths with You:

- You are worthy of every dream you've ever imagined.
- Your potential is infinite, and your growth is unstoppable.
- You have everything within you to create a life you love.

Keep the Momentum Going:

1. Reflect regularly on your journey.
2. Surround yourself with positivity and people who uplift you.
3. Celebrate every win, no matter how small.

Stay Connected:

I'd love to hear about your journey! Feel free to reach out or share your story. Together, we can inspire even more women to step into their power.

If you enjoyed this toolkit, stay tuned for more resources, tips, and inspiration to help you on your path to becoming her.

With love and belief in you,

Sonia Gornicz

[www.mebecomingher.com](http://www.mebecomingher.com)