

5 Day Self-Love Challenge

W O R K B O O K



Learn how to heal your heart and
love yourself exactly the way
God created you!

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About this Workbook

WELCOME to the 5 Day Self-Love Challenge!

During the 5 days you will experience some amazing tools to help you have a greater sense of self-worth and self-love.

You will understand more about how God created you and be able to stand on His truth about you. You will also learn how your past has determined your feelings about yourself in the present, and more importantly, how you can shift those thoughts!

This will be an amazing journey so make sure you watch each video live (or later the same day if you can't make it live). They build on one another so everything will make sense that way.

Remember to complete your Daily Activity in this workbook and I look forward to hearing how this journey of understanding and shifting your stories has impacted you!

Self-Love Challenge Lessons

DAY 1: ACKNOWLEDGE YOUR STORIES

- Start this journey with a practical way to tell if your thoughts and beliefs are actually true!
- The amazing insight you gain here will help you have a much stronger and more realistic view of your true worth and value as a child of God!

DAY 2: UNPACK YOUR STORIES

- Understand how your past has determined how you feel about yourself in the present
- Find out how to end the cycle of finding evidence to support those old beliefs, so you can finally break free of the negative thoughts!

DAY 3: CHALLENGE YOUR STORIES

- A transformational teaching on helping you see what's truly possible for you when it comes to self-love!
- You will discover the exciting future you can have when you break away from old beliefs and see your true worth in who God created you to be!

DAY 4: BEYOND YOUR STORIES

- Today you will have some serious FUN learning how to challenge what has been in your head for years
- Find out how much of what you 'know' about yourself is actually true
- Gain amazing insight and inspiration into who you really are!

DAY 5: SHIFTING YOUR STORIES + Q&A

- This special Live Training will bring everything together that you have gained through the week
- You will be introduced to some powerful tools to shift your stories
- I'll also be answering your burning questions and sharing how you can have an abundance of self-love, self-worth & lifelong purpose!

Day 1: Acknowledge Your Stories



Start this journey with a practical way to tell if your thoughts and beliefs are actually true! The amazing insight you gain here will help you have a much stronger and more realistic view of your true worth and value as a child of God!

Day 1: Action Step

What are some of the stories you often tell yourself? (X all that apply to you)

☐ I'm not enough

☐ I hate looking at my body

☐ Nobody loves me

☐ I'm so lonely

☐ People always leave me

☐ I'll never change

☐ I'm stupid

☐ I'm ugly

☐ I hate myself

☐ I'll never figure out how to heal

Name one person in your world that you love very much (your child, partner, friend, parent, etc). Imagine this person you love was saying this to him/herself - how would you feel in your heart knowing that? What would you say to this person to help them see their worth and value as a human being?

Day 1: Notes

Today's Secret Word: _____

Day 2: Unpack Your Stories



Once you know the stories you've told yourself for years, you can then see how they contribute to your self worth in the present. You will learn how your worth and value are determined by what you think, and how to end the cycle of finding evidence to support those old beliefs so you can break free of the negative thoughts!

Day 2: Action Step

What thought did you think about yourself in the past when you:

Made a mistake

My thought about myself was:

Didn't achieve a goal you had

My thought about myself was:

Were rejected by another person

My thought about myself was:

Didn't get the job you wanted

My thought about myself was:

Fill in 2 examples of a Situation, and Stance you took, in the recent past:

Situation (event/circumstance/what happened)	Stance (initial viewpoint/thought/perspective)

Day 2: Notes

Today's Secret Word: _____

Day 3: Challenge Your Stories



This teaching will be transformational in helping you see what's truly possible for you when it comes to self-love! You will discover the exciting possibilities when you break away from old beliefs and see your true worth in who God created you to be!

Day 3: Action Step

What qualities would represent a woman who loves herself and knows her worth? (circle all qualities you believe would apply)

Alert	Forgiving	Enthusiastic	Faithful
Diligent	Humble	Dependable	Initiating
Available	Determined	Flexible	Joyful
Bold	Secure	Generous	Loyal
Sensitive	Orderly	Responsible	Tolerant
Creative	Resourceful	Wise	Persevering
Patient	Gentle	Discerning	Content
Loving	Surrendered	Compassionate	Truthful
Punctual	Grateful	Sincere	Hospitable

What are some of the things a woman say about herself when she believes she's worthy and lovable just as she is?

Day 3: Notes

Today's Secret Word: _____

Day 4: Beyond Your Stories



This is where you get to have some serious FUN! You will get to challenge what has been in your head and see if it's actually true! How much of what you 'know' about yourself aligns with fact? This will be incredibly inspirational for you!

Day 4: Action Step

You are going to ask 2 people what gifts, strengths and talents they see in you. Record their answers below:

♥ PERSON 1: _____

What are my three greatest strengths?

What are my three best qualities?

What qualities do I bring to our relationship?

♥ PERSON 2: _____

What are my three greatest strengths?

What are my three best qualities?

What qualities do I bring to our relationship?

Day 4: Notes

Today's Secret Word: _____

Day 5: Shift Your Stories + Q&A



This is the last day of the challenge and we're ending with a special Training + Q&A. During this training I will go over everything you've learned this week on How to Heal your Heart and Love Yourself...PLUS showing you how to Shift Your Stories! I'll also be answering your burning questions, sharing how you can have LIFELONG self-love, and helping you see how you can live into your greater, God-given purpose!

Day 5: Action Step

What were 3 of your biggest takeaways from this 5-Day Self-Love Challenge?

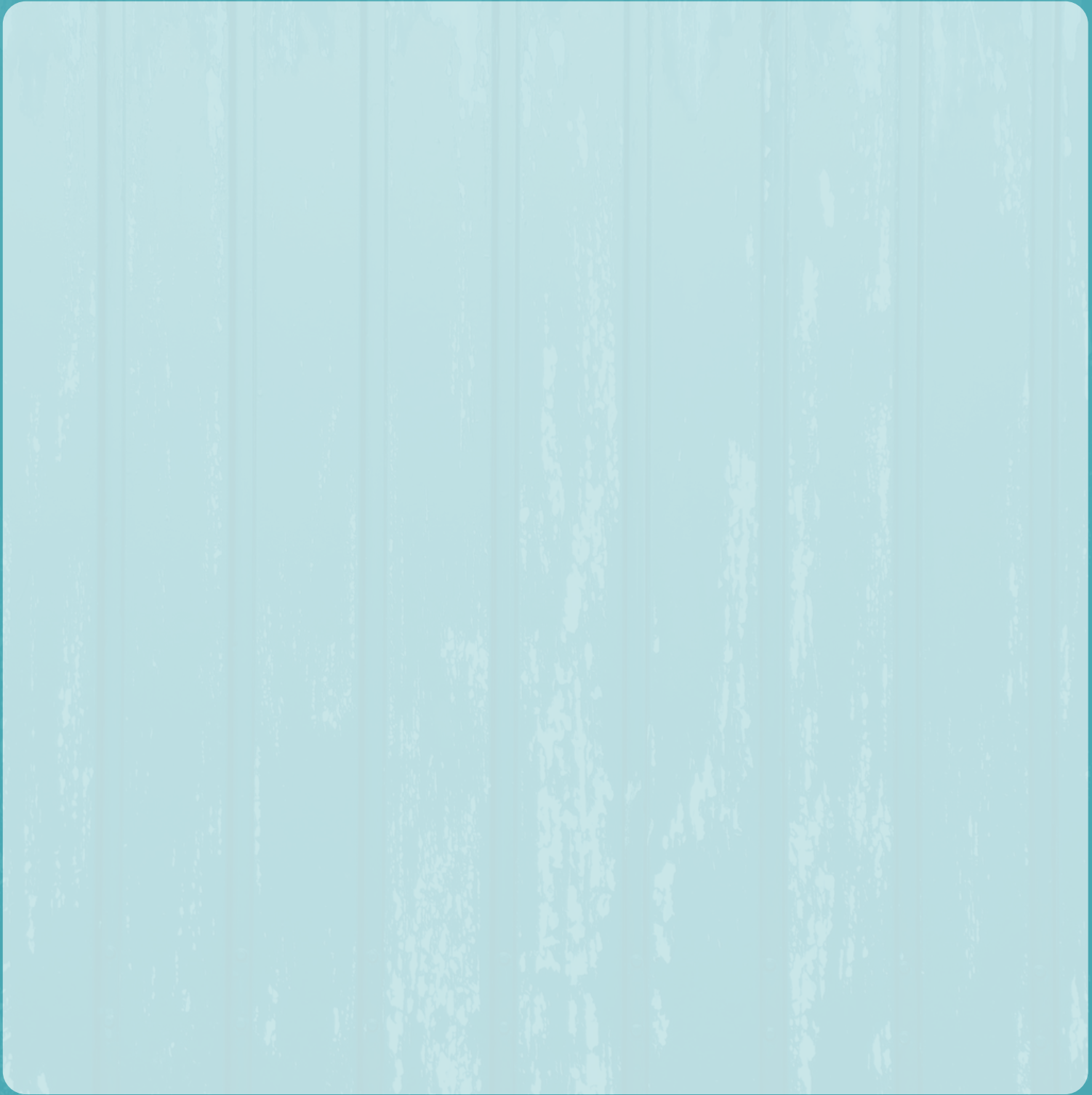
1.

2.

3.

What is one thing that you will focus on this week when it comes to higher self-love and self-worth based in Christ?

Day 5: Notes



*Congratulations
on Completing the
Self-Love Challenge!*



WAKE UP JOYFUL | 5 DAY SELF-LOVE CHALLENGE