



SELF-WORTH JOURNAL

A journal for people wanting to change their beliefs about self worth.



CROOKED TRAIL COACHING, LLC

IF ANY OF THIS SOUNDS LIKE YOU...

- You have self-doubt. You delay making decisions. If you do make decisions you second guess them.
- You constantly worry about what others might think of you. You not only want but need to be liked. You keep revisiting things you said to others in your head and try to understand how it might have landed on them and what they might think of you now.
- You engage in upward social comparison with people you think are better than you
- You feel behind or stuck in life. Many of your thoughts start with “I should...”
- You let your fear of failure stop you from going after the things you truly want in life. Instead of going all in on your dreams, you make excuses or minimize them.
- You tend to blame other people or circumstances for not moving forward and always find a reason why right now is not a good time to start or continue to work on the things you actually want.
- You struggle with pleasing people, have a hard time saying no and are unsure about your boundaries. You apologize A LOT.
- Some days you just feel so drained, hopeless and unworthy.
- You are your harshest critic and say things like “I am such an idiot.” It might be so extreme that people already made you aware of it.
- No matter how big your latest achievement was or how proud you were of making progress, feeling good about yourself never lasts long and a few days later you go back to feeling like a failure.
- Secretly you think that if people know who you really are, they will leave you. In general you have attachment issues and fear of abandonment when it comes to friendships and relationships. You even often worry about losing your job or business (even if there are no real life reasons for feeling so anxious).
- You and/or others consider yourself a perfectionist.

THIS JOURNAL IS RIGHT FOR YOU!

ABOUT THE JOURNAL

- It combines self-awareness, mindfulness and self-kindness elements to help you significantly improve your self-worth and with that quality of life.
- Here are just a few of the positive benefits you can expect when using this journal for a minimum of 30 days:
- Learn to listen to your intuition and reconnect with your authentic self
- Finally see your inner beauty and let it shine through in everything you do
- Feel less stressed and uncomfortable - even when life gets challenging
- Become more confident and tap into your full creative potential
- Unlock hidden talents and skills and tap into your full potential
- Find your inner courage to stand up for yourself, your dreams and for others
- Be in general more calm, cool and collected
- Gain a positive outlook on life, more energy and finally feel enthusiastic about life and your dreams again
- Stop pushing people away with neediness and instead become even more attractive because of your the good vibes you feel and radiate
- Stop reacting from a place of fear and scarcity and start creating from a place of love and abundance
- Embrace your imperfections and use them to your advantage instead of trying to hide them and feeling ashamed of them
- Prioritizing your physical and emotional needs. Validate your feelings and prioritize your mental health and well-being.
- Become your own biggest fan and most loyal friend and give yourself the unconditional support you need to make the most out of your life and natural gifts.

HOW TO GET THE MOST OUT OF THIS JOURNAL

For the next 28 days, use the following journal pages to:

Step #1: Practice one self-worth affirmation per week- say these out loud

Step #2: Everyday write down three things you did to show yourself some kindness, patience, acceptance or support today*

Step #3: Everyday write down 3 things you did well on that day*

Step #4: Everyday choose 1 of the 28 journal prompts below to dig a bit deeper

*This can be big or the smallest of things. You could like the color of your eyes or the way you make your bed- all wins count.



MEET THE AUTHOR

Allen Frantz

Coach · Hope Dealer · Coffee Drinker ·

Most people live as though there will be time to do “that thing” tomorrow.

I’m here to disabuse you of that notion.

Let’s get started!



WEEKLY AFFIRMATIONS

AFFIRMATION WEEK 1

“I am a valuable human being and my needs, desires, dreams and goals matter.”

AFFIRMATION WEEK 2

“Today, I choose to be happy and embrace loving myself abundantly.”

AFFIRMATION WEEK 3

“I know that I am a good person. There are plenty of reasons to be proud of myself. Being my most authentic self will attract the people and experiences that most align with my core values.”

AFFIRMATION WEEK 4

“I know who I am. I love who I am. I know that growth is gradual, and I am committed to the process.”





**CROOKED TRAIL
COACHING**

WEEK 1

“I am a valuable human being
and my needs, desires, dreams
and goals matter.”

DAY #1

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I am a valuable human being and my needs, desires, dreams and goals matter."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #2

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I am a valuable human being and my needs, desires, dreams and goals matter."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #3

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I am a valuable human being and my needs, desires, dreams and goals matter."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #4

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I am a valuable human being and my needs, desires, dreams and goals matter."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #5

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I am a valuable human being and my needs, desires, dreams and goals matter."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #6

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I am a valuable human being and my needs, desires, dreams and goals matter."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #7

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I am a valuable human being and my needs, desires, dreams and goals matter."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY





**CROOKED TRAIL
COACHING**

WEEK 2

“Today, I choose to be happy
and embrace loving myself
abundantly.”

DAY #8

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #9

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #10

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #11

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #12

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #13

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #14

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY





**CROOKED TRAIL
COACHING**

WEEK 3

“I know that I am a good person, and I don’t need to prove it to anyone. There are plenty of reasons to be proud of myself.”

DAY #15

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know that I am a good person, and I don't need to prove it to anyone. There are plenty of reasons to be proud of myself."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #16

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know that I am a good person, and I don't need to prove it to anyone. There are plenty of reasons to be proud of myself."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #17

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know that I am a good person, and I don't need to prove it to anyone. There are plenty of reasons to be proud of myself."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #18

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know that I am a good person, and I don't need to prove it to anyone. There are plenty of reasons to be proud of myself."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #19

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know that I am a good person, and I don't need to prove it to anyone. There are plenty of reasons to be proud of myself."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #20

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know that I am a good person, and I don't need to prove it to anyone. There are plenty of reasons to be proud of myself."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #21

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know that I am a good person, and I don't need to prove it to anyone. There are plenty of reasons to be proud of myself."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY





**CROOKED TRAIL
COACHING**

WEEK 4

“I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day.”

DAY #22

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #23

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #24

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #25

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #26

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #27

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



DAY #28

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



