

■ The Self-Worth Reset Compass

5 coaching prompts to help you reconnect with your worth in 90 days or less.

This isn't about becoming someone new. It's about coming home to yourself. These five prompts will help you release what's been holding you back and anchor into what makes you feel alive — starting today.

1. The Check-In

On a scale of 1–10, how would I rate my current self-worth? (This number isn't your value — it's just your starting point.)

2. The Release

What's one belief, habit, or relationship that's been chipping away at my confidence? (Name it clearly so you can address it.)

3. The Anchor

What's one activity, place, or practice that makes me feel most like myself? (Schedule it in at least once this week.)

4. The Intention

In the next 90 days, how do I want to speak to or treat myself differently? (Keep it short and powerful.)

5. The First Step

What's one thing I can do in the next 48 hours to honour that intention? (Make it so small it's impossible to fail.)

Your reset starts when you choose it. Keep these prompts where you'll see them daily, and revisit them anytime you feel off course. And if you ever want deeper support for your 90-day journey, I'm just a message away.