

The Self-Love Reset

A 5-Day Mini Journey to Reconnect with YOU

Workbook

IAMMARISA.XO

The Self-Love Reset

Welcome beautiful Soul!

You are here because something inside you is whispering that it's time to put yourself first. It's time to release the guilt, reconnect with who you truly are, and step into the most radiant, empowered version of YOU.

This 5-day journey is designed to gently guide you back home to yourself. Each day, you will be invited to explore a simple but transformative self-love practice.

How to Use This Guide:

- Set aside just 5-10 minutes each day.
- Be gentle with yourself—this is a space for self-compassion, not perfection.
- Use the daily reflection prompts to journal your thoughts and insights.
- Then, do the action step next daily.

Ready? Let's begin. 💛

xoxo, Marisa



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Day One

Who Am I Beyond Motherhood?

Motherhood is a beautiful gift, but somewhere along the way, you may have lost touch with the woman you were before you became a mom. Today, we invite her back.

Journaling is a great way to reflect so here are some journal prompts, use the space below to answer these questions .

Reflection:

- **What did I love before I became a mom?**
- **What parts of me do I miss?**
- **What lights me up outside of motherhood?**



✨ **Action Step: Write a letter to yourself, reconnecting with the passions, dreams, and desires you may have set aside. Read it out loud to remind yourself of who you are.**

Day Two

Releasing Mom Guilt & Reclaiming Self-Love

You are allowed to take care of yourself. When you love yourself, you teach your children to do the same. Let's release the guilt today.

Quick Shift: Tapping for Mom Guilt, *Tap* on your heart and *repeat*:

- *I am worthy of self-care.*
- *Taking time for myself makes me a better mother.*
- *I release the guilt and embrace my own joy.*

Today's Reflection Journal Prompts:

- Where do I feel the most guilt when it comes to self-care?
- What would change if I gave myself permission to prioritize my well-being?





✨ **Action Step: Write a love letter to yourself, acknowledging your hard work and affirming that you deserve love and care.**

Day Three

Sacred Self-Care for the Busy Mom

Self-care doesn't have to be extravagant. It can be as simple as taking a deep breath, drinking your coffee in peace, or stepping outside for fresh air. Let's create your unique self-care ritual.

Reflection:

- What small daily action makes me feel most nourished?
- How can I create space for more of this in my life?



✨ **Action Step: Click HERE for a guided meditation by yours truly. Use this short guided meditation today as your little self care practice. If anything comes up that you would like to journal about in the meditation I have left some space below for you to do so.**



This is one of the mediations from my meditation vault inside my membership.

Day Four

Manifesting Your Next-Level Self

You are capable of creating a reality where you feel confident, abundant, and deeply fulfilled. Let's visualize the version of you who fully embraces her worth.

Visualization Exercise:

- Close your eyes and imagine your highest, most radiant self.
- How does she show up for herself?
- What does she believe about her worth?
- What daily habits does she commit to?



✨ Action Step: Write down ONE belief that is holding you back and reframe it into an empowering affirmation. Example: ❌ I'm not good enough. ↔ ✅ I am more than enough exactly as I am.

Day Five

Your Self-Love CEO ERA Starts NOW

Self-love isn't something you "achieve." It's a lifelong practice. Today, we celebrate how far you've come and commit to keeping this momentum going.

Reflection:

- What is the biggest insight I've gained during this challenge?
- How do I want to continue prioritizing myself moving forward?



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✨ **Action Step:** Choose ONE self-love commitment to carry with you beyond this challenge. Write it down, say it out loud, and embody it.

🔗 **Your Next Step**: You've started something powerful—don't stop now! Join my Virtual lil Sanctuary where you can continue this journey with an empowering community, deep-dive coaching, and exclusive resources designed to support and cultivate more self-love, help you create more abundance, and spiritually aligned actions in your life daily. I am your coach, the tools are there in a safe place but you don't need to feel alone. I am hanging in there with ya 🙂 try it out for free for a week, and join the self love challenge in there to continue on this momentum you began here.

[MORE INFO HERE]

Final Thoughts: *You are worthy. You are enough. You are deeply loved.* 💛

Thank you for allowing me to guide you in this self-love reset. I can't wait to see you inside the Inner Love Sanctuary!

With Love and Light,

Marisa



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Lastly, give yourself a big hug for making it through the 5 days!