Week 2

Ignite Your Joy Journal

Rewriting Your Self-Perception

This week we will reflect on the societal messages and cultural conditioning that have influenced your self-perception. Consider the expectations, standards, and beliefs that have been ingrained in you throughout your life. We'll take a moment to discover what some of them are and flip them around if they are not serving you!

What are some common societal messages or cultural norms that have influenced your self-perception in the past? These could relate to beauty, success, aging, relationships, being a woman or any other areas of your life. How have these messages affected your self-perception and self-worth?

Take a closer look at each narrative and ask yourself: Is this narrative true? Is it serving me? Challenge the validity of these messages and question their source. Are they based on societal ideals or personal truth?

Identify alternative narratives that align with your inherent worth and value as the unique individual that you truly are! Reframe the negative narratives into positive and empowering statements.

Old Narratives	My New Empowering Narrative

Explore examples from your own life where you have defied societal norms or stepped outside of cultural conditioning. How did it feel to challenge those narratives? What positive outcomes did you experience?

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Do any people come to mind that you have admired for defying societal expectations? How can their stories inspire and guide you in challenging and redefining your own narratives?

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Create affirmations that reinforce your inherent worth as the unique woman that you are with your own unique journey!. Write them down and repeat them often, allowing them to become an integral part of your new self-perception.

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Reflect on your progress periodically and celebrate the shifts you have made in challenging and redefining the narratives that no longer serve you. Acknowledge the growth and resilience it takes to rewrite your own story!

Remember, you have the power to challenge and redefine the narratives that have shaped your self-perception. By questioning and reshaping these messages, you can align your self-perception with your inherent worth and embrace a more authentic and self-accepting version of yourself.

You are a gift to the world and you are amazing just as you are! Celebrate this truth!