Your First Step Inward

A Guided 5-Minute Self-Worth Ritual



A gift from

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Welcome, beautiful soul.

This is your invitation to remember something you've always known but may have forgotten. Your worth isn't something you achieve, earn, or prove. It's something you recognise. Something you remember. This gentle 5-minute ritual is designed to help you pause, soften, and reconnect with this truth:

You are inherently worthy, exactly as you are.

The practice that follows isn't about becoming someone new. It's about removing the layers that convinced you otherwise.

Ready to remember?

The 5-Minute Mirror Practice



What you need:

- A mirror (any size)
- A quiet space
- A candle (optional)

1. Create sacred space: Find a calm corner and safely light your candle. This signals that something intentional is beginning.

2. Ground yourself: Sit or stand before your mirror. Take three slow, deep breaths. Feel your feet on the earth.

3. Make gentle eye contact: Look directly into your own eyes. Really see yourself. Notice what arises without judgement.

4. Speak your truth: Say softly, with intention: "I am inherently worthy, just as I am." Repeat three times, aloud.

5. Welcome what comes: Notice resistance, tenderness, tears, calm—all responses are welcome. Breathe through whatever emerges.

6. Seal with love: Place a hand on your heart and whisper: "I am enough." Feel the warmth of your own touch. This practice is your invitation to remember what was never lost.

My Reflections

Integration

After your ritual, take a moment to reflect: *What shifted in me during this practice? What part of me felt seen, held, or softened?* There's no right or wrong response—only your truth, returning.



To deepen this work:

- Notice how your inner dialogue changes
- Trust what emerges in the mirror
- Be patient with your process

If you'd like to stay a little longer...
Some people find it helpful to repeat this ritual daily for a few days. Others prefer to return only when they need a pause.

If you'd like a gentle rhythm to accompany you, you can find my free journal, **7 Days to Remember Your Worth**, on my website.

There is no right pace.
Take what you need. Leave the rest.

About Nadine

Nadine Brincat is a licensed psychotherapist practising from Malta, specialising in trauma-informed approaches to self-worth and personal healing.

In her clinical experience, Nadine has witnessed the profound transformation that occurs when people remember their inherent worth rather than trying to earn it.

This guide represents the beginning of a comprehensive self-worth journey that Nadine has developed through her clinical work and personal healing path.



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Turn the page for your next step.

Ready for more?

These five minutes were a first step inward. If you'd like to keep going, my free journal, **7 Days to Remember Your Worth**, offers one gentle prompt a day for a week.

You can also join the waitlist for **30 Days of YOU: A Self-Worth Guided Journey**, my full guided journal. Pre-orders open on 7 December, with an early-bird price for the waitlist. This guided journal offers:

- 30 days of practices and reflections informed by my work as a psychotherapist
- Four themes: Worthiness, Receptivity, Belonging and Softness
- Space to explore these themes at your own pace

Get the free 7-day journal

