



SELF-LOVE RESET

7 Days to Reconnect with You

© Strength Of A Queen CIC.

DISCLAIMER



This guide is intended to support emotional wellbeing and gentle self-reflection.

Please move through this guide at your own pace and take what feels helpful. If at any point you feel overwhelmed or unsafe, consider reaching out to a trusted person or a qualified professional for additional support.

Strength Of A Queen offers this resource with care, and encourages you to honour your own needs while using it.

This guide is not a substitute for professional medical, psychological, or legal advice.





This 7-day reset is a gentle pause.

Self-love is not about confidence, perfection, or pretending you feel good all the time.

It's about how you treat yourself when you're tired, overwhelmed, triggered, or doubting yourself.

Many people think self-love is indulgent. In reality, it's foundational. Without it, we over-give, over-explain, tolerate too much, and abandon ourselves to keep others comfortable.



Daily Structure

Each day includes:

Focus

Identify your emotional state and intentions daily.

Short Explanation

Brief insights on the focus topic are provided.

Action Steps

Specific tasks to implement and practice each day.

Reflection Prompt

Questions to encourage deeper personal exploration.

Daily Affirmations

Positive statements repeated regularly to boost self-esteem, promoting a more positive mindset.

A close-up, low-angle shot of a woman with curly hair, her face partially visible in profile. She has her eyes closed and her hands clasped together in a prayer or meditative gesture. The background is a soft, out-of-focus outdoor scene with greenery and a bright sky.

Day 1: AWARENESS WITHOUT CRITICISM

Focus:

Notice how you speak to yourself.

Actions:

- Pay attention to your inner voice today
- Notice moments of self-criticism
- Pause and take one slow breath when you catch it

Reflection:

What does my inner voice sound like when I'm stressed?

Affirmation:

"I notice how I speak to myself, and I choose gentleness."

Day 2: PERMISSION TO FEEL



Focus:

Allow your emotions without judgment.

Actions:

- Name three emotions you feel today
- Let them exist without explaining them away
- Place a hand on your chest and breathe slowly
Iking.

Reflection:

Which emotion do I usually push away?

Affirmation:

"It is safe for me to feel."

Day 3: RELEASING SELF-BLAME

Focus:

Separate responsibility from self-punishment.

Message:

Many people confuse self-reflection with self-blame. Growth doesn't require punishment. Compassion creates change far more effectively than criticism.

Actions:

- Write down one thing you blame yourself for
- Ask: "Was I doing the best I could at the time?"
- Gently release the blame

Reflection:

What would I say to a friend in my position?

Affirmation:

"I release blame and offer myself compassion."





Day 4: BOUNDARIES AS SELF-LOVE

Focus:

Protect your energy.

Message:

Self-love isn't just about how you feel. It's about what you allow. Boundaries are not walls. They are acts of self-respect.

Actions:

- Identify one situation that drains you
- Decide one small boundary you can hold
- Practice saying it calmly

Reflection:

Where do I need stronger boundaries to protect myself?

Affirmation:

"My boundaries are an act of self-love."



Day 5: RECONNECTING WITH YOUR BODY

Focus:

Come back into your body with care.

Message:

Disconnection from the body often comes from stress, trauma, or survival mode. Today is about listening rather than judging.

Actions:

- Stretch gently or take a short walk
- Notice physical sensations without analysing them
- Drink water slowly and mindfully

Reflection:

What does my body need more of right now?

Affirmation:

"I treat my body with respect and care."

Day 6: REBUILDING SELF-TRUST



Focus:

Honour small promises to yourself.

Message:

Self-trust grows through consistency, not grand gestures. Every small promise you keep strengthens your relationship with yourself.

Actions:

- Choose one small promise today
- Keep it
- Acknowledge that you followed through

Reflection:

How does it feel when I trust myself?

Affirmation:

"I trust myself to take care of me."

Day 7: CHOOSING YOURSELF

Focus:

Integrate self-love into daily life.

Message:

Self-love is not a one-time decision. It's a daily practice of choosing yourself without guilt.

Actions:

- Reflect on the last 7 days
- Notice what shifted
- Write one commitment you want to keep moving forward

Reflection:

What does choosing myself look like in real life?

Affirmation:

"I choose myself with intention and care."



SELF-LOVE EMERGENCY RESET

**Use this when you feel overwhelmed or
disconnected:**

- Pause and breathe slowly
- Place a hand on your chest
- Say: *"I am allowed to take care of myself"*
- Step away from pressure if possible

Even one moment of self-kindness counts.

CLOSING NOTE

Reconnecting with yourself doesn't require perfection.
It requires presence.

You are allowed to rest.

You are allowed to change.

You are allowed to choose yourself.

Return to this reset whenever you need a reminder
that you matter.



© Strength Of A Queen CIC.



CONTACT!

linktr.ee/strengthofaqueen

Email: hello@strengthofaqueen.org

www.strengthofaqueen.org

You're welcome to reach out for support or if you have questions.



© Strength Of A Queen CIC.

