

SACRED MONEY FREEDOM

M E E N A S H R I R A M

MODULE 1 : CHAPTER 3

“THE SELF-WORTH RESET” WORKSHEET

HINGLISH



“THE SELF-WORTH RESET” WORKSHEET

Apne andar ke us version se milo jo already enough hai.

PART 1: Apne Baare Me Jaano (Awareness)

Kisi ko dikhane ke liye nahi, yeh likhna sirf apne liye.

1. Jab main apni worth ke baare mein sochti hoon, mujhe sabse pehle yeh 5 cheezein feel hoti hai:

(Dil se likhiye, bina soch-samajh ke.)

2. Bachpan mein mujhe sikhaya gaya ki meri worth in cheezon se hai:

- Main kitna doosron ke liye karti hoon
- Main kitni perfect dikhti hoon ya behave karti hoon
- Mere marks / achievements
- Main kitni kam demands rakhti hoon
- Other: _____

3. Jab koi mujhe compliment deta hai, main aksar:

A. Keh deti hoon “Arre nahi yaar, kuch khaas nahi”

B. Thodi awkward feel karti hoon

C. Dil se receive karti hoon aur khud par proud feel karti hoon

4. Main apne aap ko sabse zyada “worthy” tab mehsoos karti hoon jab:

(Kya yeh tab hota hai jab aap kuch achieve karti hain? Jab aap doosron ko khush karti hain? Ya jab aapke paas paisa hota hai?)

PART 2: Apne Hidden Worth Drains Pe Nazar Dalein

Yeh wo jagah hain jahan hum bina soche samjhe apni power de dete hain.

5. Wo 3 cheezein kya hain jo main aksar karti hoon sirf pyaar, respect ya validation “earn” karne ke liye?

6. Kya mujhe lagta hai ki mujhe paisa aur abundance deserve karne ke liye sacrifice ya struggle karni padegi?

7. Complete karein:

“Main tabhi apne aap ko enough feel karungi jab _____.”

(Jo bhi dil mein aaye likhiye—even if thoda uncomfortable lage.)

PART 3: Apni Self-Worth Story Dobara Likhein (Reprogramming)

8. Apne future self ko imagine karein, woh confident, glowing, abundant YOU jo apni worth jaanti hai. Usne aapko dekha aur bola:

“Tum hamesha se enough thi. Tumhe kisi ko prove karne ki zarurat nahi. Tum bas is duniya mein ho, isliye tum valuable ho.”

Ab likhiye 3 naye beliefs jo aap apni life mein anchor karna chahti ho:

“Main worthy hoon kyunki _____”

“Main abundance deserve karti hoon kyunki
_____”

“Main apni energy aur dreams ko sacred maanti hoon.”

9. Apni Worthiness Declaration likhiye:

“Aaj se, main apni worth ko prove karna band karti hoon.

Main enough hoon sirf isliye kyunki main exist karti hoon.

Main apni energy, time, dreams aur paison ko sacred maanti hoon.”

(Sign karke ise apne dil se commit karein.)

PART 4: Anchor Karein (Daily Ritual)

Subah mirror ke saamne jaake khud se boliye:

“Main wealth, love aur joy ke liye, worthy hoon bas aise hi.”

Raat ko journal karein: Aaj maine apni worth ko honor karne ke liye kya kiya?

Bonus Prompt:

Agar paisa bol sakta, toh woh kya kehta ki aap apni worth ke saath kaise behave karti hain?