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# The Self-Worth *Power Questions Deck*

25 Journal Prompts to Help You Release Pain & Rebuild Confidence

*Your self-worth is not  
up for debate—it's  
your birthright.*

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# How to Use This Deck

These 25 questions are designed to help you pause, reflect, and reconnect with the confident, worthy, and sassy version of yourself that's been there all along.

- Grab your journal, a cozy pen, and your favourite drink.
- Pick one card (or question) a day—or shuffle through and let your intuition guide you.
- Be radically honest with your answers. This is your sacred space.
- Revisit the prompts often. Each time you return, you'll uncover deeper wisdom.



# Release the hurt

*1 - What pain am I still holding onto from my past relationship(s), and what would it feel like to let it go?*

# Release the hurt

*2 - Where in my body do I  
feel the weight of my  
heartbreak right now?*



# Release the hurt

*3 - What old story about myself am I ready to stop believing?*



# Release the hurt

*4 -If I could speak directly  
to my past pain, what  
would I say to it?*



# Release the hurt

*5 - What would forgiveness  
(for myself or others) look  
like today?*



# Reclaim Your Power

*6 - What parts of myself did I dim or shrink in my last relationship?*



# Reclaim Your Power

*7 - Where have I already proven that I am stronger than I realised?*

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# Reclaim Your Power

*8 - What boundaries do I need to set to protect my energy?*



# Reclaim Your Power

*9 -If I stopped worrying  
about what others thought,  
how would I show up  
differently?*

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# Reclaim Your Power

*10 - What is one bold, sassy step I can take today to reclaim my self-worth?*



# Reconnect with Self-Love

*11 - What do I most admire about myself right now?*



# Reconnect with Self-Love

*12 -How do I want to speak  
to myself moving forward?*



# Reconnect with Self-Love

*13 - What brings me pure joy, and how can I invite more of it into my daily life?*



# Reconnect with Self-Love

*14 - What compliments do I find hardest to accept—and why?*



# Reconnect with Self-Love

*15 -If I treated myself like someone I deeply loved, what would change?*



# Rewrite Your Story

*16 - What limiting beliefs about love and worth am I ready to rewrite?*



# Rewrite Your Story

*17 - What does the empowered version of me believe about love?*



# Rewrite Your Story

*18 - What would it feel like to fully trust myself again?*



# Rewrite Your Story

*19 -How has heartbreak shaped me into someone stronger or wiser?*



# Rewrite Your Story

*20 - What new chapter am I excited to begin writing in my life?*

# Align for Love

*21 -How do I want to feel in my next relationship?*



# Align for Love

*22 - What qualities do I bring to love that make me a powerful partner?*

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# Align for Love

*23 - What kind of love do I  
now know I deserve?*



# Align for Love

*24 - What is one non-negotiable standard I will hold in future relationships?*

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# Align for Love

*25 -How can I start embodying  
the love I want to attract  
today?*

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# Final Note from Claudia

Your self-worth is not up for debate—it's your birthright. These questions are here to help you peel back the layers of pain, reclaim your power, and step boldly into the radiant love story you're meant to live

You've got this. And remember—your sass, your sparkle, and your soul are unstoppable.

👉 Next step: If you want guided support in rediscovering who you are beyond heartbreak, join [The Comeback Code](#). It's my mini-coaching offer where I walk you through personalised insights so you can reconnect with yourself faster.

