



30-Day Self-Worth Declaration

Voice activates intention read aloud. For added calm and focus, play Ananda Frequencies during your practice.

Day 1

Today I remember: my worth is not something I must earn — it is my birthright. I am worthy of love, respect, and tenderness simply because I exist. No voice of doubt and no shadow of the past can take this truth from me.

Day 2

My body is not my enemy; it is my sacred home. I honor the curves, the scars, the changes, and the stories written on my skin. Today I choose to treat my body with gentleness, as I would treat a beloved child.

Day 3

Every scar, visible or hidden, is a story of survival. They do not define my weakness, but my courage. Today I bless the path I have walked, for it has made me strong, compassionate, and real.

Day 4

I release shame, for shame was never mine to carry. I open my hands to wholeness and invite peace into the places that once felt broken. My wholeness does not depend on perfection; it rests in love.

Day 5

I am not defined by what was done to me, nor by the pain I endured. I am defined by the choices I make today — choices toward healing, truth, and freedom.

Day 6

My worth is immeasurable and cannot be taken away. No rejection, no silence, no cruelty can diminish the light that was placed within me before I was born.

Day 7

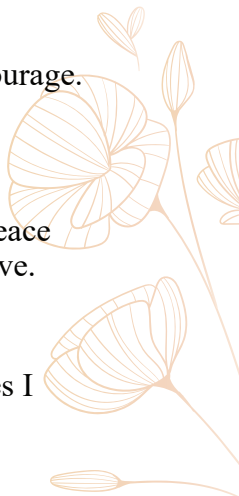
I soften my gaze toward myself. Today I speak to my reflection with kindness and compassion. I look at myself through eyes of love, not judgment.

Day 8

Like the morning sun, I rise again and again. Even when clouds surround me, my inner light remains steady. I am guided by a wisdom that never leaves me.

Day 9

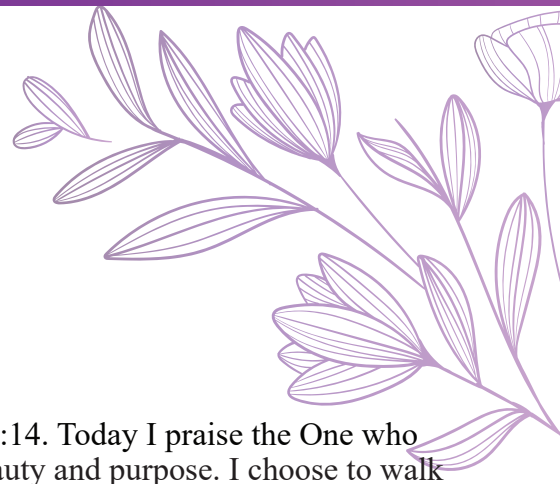
I rise above judgment and choose compassion. The opinions of others do not define me. My value is set by the Eternal, and the Eternal calls me beloved.



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Mother Reflecting I AM

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Day 10

"I praise You, for I am fearfully and wonderfully made." — Psalm 139:14. Today I praise the One who formed me with intention and care. My body and soul are works of beauty and purpose. I choose to walk with quiet confidence, knowing I am created in light.

Day 11

I am safe in my body, safe in my spirit, safe in the choices I make for myself. Even if the world has tried to make me doubt my safety, today I anchor myself in the truth that I am protected and held. My body is not a battlefield; it is my sanctuary.

Day 12

I allow myself to rest. Rest is not a sign of weakness — it is an act of love. In rest, my body repairs, my soul restores, and my heart finds its rhythm again. I honor the stillness as much as the action, for both are sacred.

Day 13

I speak to myself the way I would to someone I love dearly. My words carry power; they can wound or they can heal. Today I choose to let my voice be a balm — gentle, uplifting, and kind — as I speak to myself and about myself.

Day 14

My boundaries are not barriers of fear but bridges to peace. Every "no" I say makes space for a deeper "yes" to life, health, and freedom. Boundaries protect the light in me so that I can continue to shine.

Day 15

I trust my intuition — the quiet compass of my soul. Even when logic falters and the voices around me confuse, my inner knowing gently guides me back to truth. Today I listen for the whisper within and follow its lead with confidence.

Day 16

I choose to surround myself with what nourishes me — food that strengthens, thoughts that uplift, and people who honor my worth. I release what drains me, without guilt. My energy is precious, and I choose wisely where to place it.

Day 17

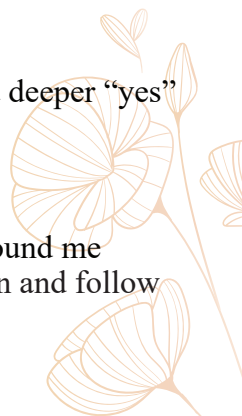
I am guided and I am held. Even in moments of silence, love surrounds me. I am never truly alone — the Eternal walks beside me, and the light of hope flickers gently within me, reminding me that I belong.

Day 18

I bless my past, not because it was easy but because it shaped me. Every wound has been a teacher, every loss a doorway to growth. Today I open the windows of my soul and let the fresh air of possibility flow in.

Day 19

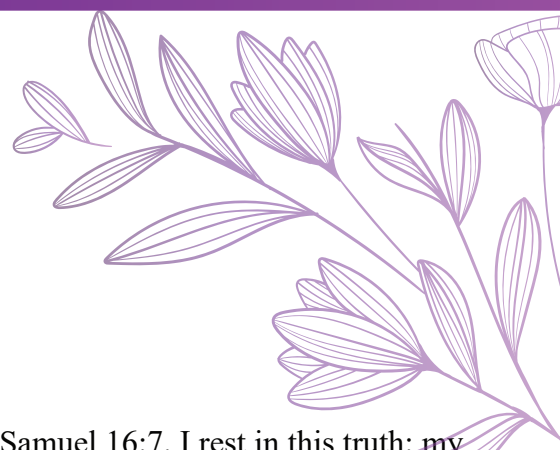
I am whole even as I continue to heal. Healing does not mean fixing something broken — it means remembering the truth of who I already am. Each step I take, no matter how small, brings me closer to that wholeness.



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Day 20

“People look at what is visible, but the Eternal sees into the heart.” — 1 Samuel 16:7. I rest in this truth: my value is not measured by appearances or achievements. My worth is found in the beauty of my heart and spirit. The Eternal sees me fully and calls me beloved. Today, I choose to see myself the same way.

Day 21

I forgive my younger self for not knowing what I know now. She did her best with the wisdom she had. I hold her gently in my heart and walk with her into the light of today, where compassion and growth are my guides.

Day 22

I allow joy to enter through small, ordinary moments. A smile, a warm cup of tea, the sound of laughter, the sight of flowers in bloom — all of these are reminders that beauty surrounds me. I let joy land softly in my spirit today.

Day 23

I carry dignity in my posture, in my voice, and in my choices. Dignity is my crown, and I wear it not with arrogance but with quiet strength. No circumstance, no opinion, can strip me of this inner royalty.

Day 24

I honor my journey — every step, every detour, every mountain climbed. Nothing has been wasted, for even in the painful places, I have gathered wisdom. Today I celebrate my resilience and the courage that brought me here.

Day 25

I am enough today, exactly as I am. I do not need to prove, perform, or perfect myself to be loved. My enoughness is not conditional; it is eternal. I breathe deeply and rest in this truth.

Day 26

I radiate softness and strength in equal measure. My tenderness is not weakness; it is a superpower. My strength is not harshness; it is steady love. Today I allow both qualities to flow through me with grace.

Day 27

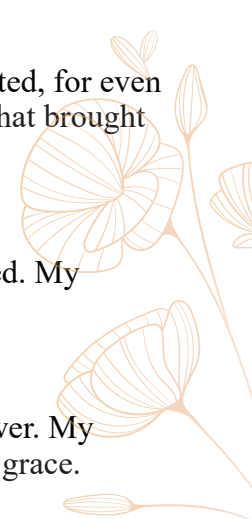
I choose life, I choose love, and I choose myself — again and again. Each time I fall, I rise. Each time I doubt, I return to truth. This choice is my anchor and my freedom.

Day 28

I allow tenderness to mend what fear once guarded. I open my heart like a flower turning to the sun, ready to be seen, ready to be loved. Vulnerability is not danger; it is the pathway to freedom. I imagine golden light surrounding me, protecting me, and filling me with peace.

Day 29

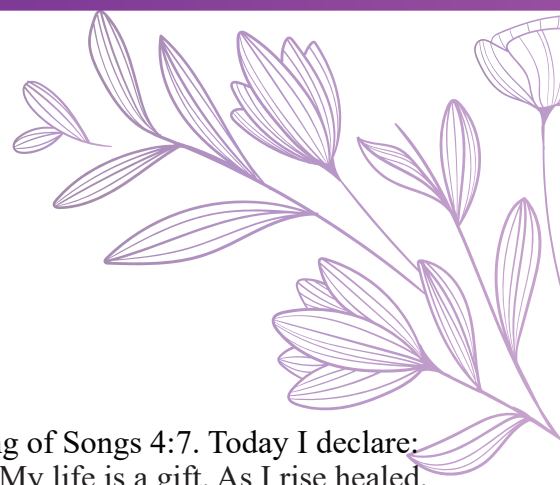
I am light in motion — steady, luminous, and true. No darkness can overcome me, for I carry within me a spark of the Eternal. Golden light flows through every cell of my body, reminding me that I am whole, radiant, and alive.



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Day 30

“You are altogether beautiful, my love; there is no flaw in you.” — Song of Songs 4:7. Today I declare: I am beautiful inside and out. My spirit is flawless. My body is sacred. My life is a gift. As I rise healed, whole, and free, I see myself wrapped in a cloak of golden light, carrying me into the future with strength and serenity.

Gentle Closing Meditation with Golden Light

Find a quiet, comfortable place to sit. Place one hand over your heart and one over your belly. Close your eyes and soften your shoulders. Take a deep breath in through your nose for a count of 4. Hold gently for 2. Exhale through your mouth for a count of 6. Continue this rhythm for several rounds. Now imagine a soft golden light above your head. With each inhale, the light descends, surrounding your body like a warm, protective embrace. With each exhale, the light expands, dissolving fear, shame, and doubt. Whisper three times: I am worthy. I am whole. I am loved. See the golden light filling every cell of your body — from your head to your toes — and radiating outward, blessing the space around you. Feel yourself glowing, strong, and serene. When you are ready, bow your head gently and smile at the miracle of being you.

