



How Rejection Leads to Redirection

Featuring:
**Keltie Knight &
Lauren Speed-Hamilton**

At Marshalls, we believe the good stuff shouldn't be reserved behind a velvet rope. Whether it's a mentor to give her the confidence to pursue a new passion, or the financial literacy to help her prioritize her goals, we've made it our mission to give her access to the tools, resources, and communities she needs to live the life she wants.

In partnership with Keltie Knight – Emmy Award winning television personality, bestselling author, and podcast host – we're giving you access to some impactful exercises to uproot your irrational beliefs and practice self-love.

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Replacing Irrational Beliefs

name: _____

Replace the fault or irrational belief with a rational belief.

I am not competent like others:



I deserve bad things:



I made so many mistakes:



I am a failure:



My best is not good enough:



I have no available options:



I can't trust myself:



People shouldn't trust me:



I am stuck:



I should have done better:



People won't like me if they know my emotions:



People will only like me if I'm perfect:



I blame myself:





The Self-Love Worksheet

DATE: / /

my affirmation

(circle the one that resonates the most)

I AM ENOUGH

I AM LOVED

I AM WORTHY

I FORGIVE MYSELF

I LOVE AND APPROVE OF MYSELF

three things I love about myself:

⇒⇒

⇒⇒

⇒⇒

skills and passions that make me unique:

something nice I am going to do for myself today:

⇒⇒

⇒⇒

⇒⇒

what do I need today:

I am going to stop criticizing myself for:

⇒⇒

⇒⇒

⇒⇒

what truly makes me happy? I am going to do more of this!

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