

Self-Discovery - I am _____

What brings me joy?

Example: sunsets, toes in the water, singing, dancing, and reading

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What are my core values?

Example: compassion, honesty, courage, gratitude, and dependability.

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What activities make me lose track of time?

Example: dancing, knitting, reading, and a bath soak.

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What fears hold me back?

Example: confidence, age, failure, perfectionism and mental clutter.

Self-Discovery - I am _____

What do I want to learn or try?

Example: pottery, knitting, painting, hiking and gardening