

a self-discovery and goal-setting workbook



This workbook belongs to:

What exactly is a self-discovery workbook and why does it matter?

This self-discovery workbook is a place for you to explore who you are, what you love, and the goals and dreams that you have for your life that are mindful, aware, and focused, yet still flexible, fluid, colorful, and adaptable. IT IS A PLACE FOR YOU TO DISCOVER YOUR PATH OF PERSONAL WELL-BEING AND FULFILLMENT.

This workbook is **not meant to be a plan for a "perfect life".** Of course not! Nobody has a perfect life and it would be unrealistic to think that we could have **everything** we want! It is simply a place for you to discover, uncover, and explore what makes you YOU.

Exploring ourselves in this way really does matter because when we fail to clarify who we are and what we **really** desire for our lives, then life just "happens" to us. We wake up every single day with very little purpose and meaning and we slog through life just "getting by" - reacting randomly to whatever happens around us.

As we explore who we are and what we love, we can then create mindful daily habits and goals that line up with our authentic hopes and dreams.

Life is a creative process, and although we can't predict or plan for everything, we CAN play an important role in PAINTING A LIFE of meaning and purpose.

Finding joy in the journey

As we go through this process, it's important to cultivate an attitude of peace and joy with our lives as they are RIGHT NOW, while still maintaining a sense of gentle growth and change. Here are a few things to help you find joy in the journey:

PRACTICE GRATITUDE

Start every day with an attitude of gratitude. Pay attention to the little things that bring you joy. You could write in a daily gratitude journal or place gratitude reminders around your house. The important thing is to make sure that your mind continually returns to a state of gratitude, no matter what is happening around you.

PRACTICE PEACE

The world we live in today can be noisy and messy! We are constantly bombarded with messages and opinions that can keep us in a state of nonstop distraction. Take the time to consistently quiet the noise so that you can create a life that truly reflects who YOU are. Learn to let go of FOMO (fear of missing out) and cultivate JOMO (joy of missing out) instead. Enhance your life in the areas that matter most to you, and **simplify everywhere else.**

PRACTICE PATIENCE

Change and growth doesn't usually happen overnight. Our goals and dreams often require countless hours of dedication and effort. And sometimes we even have to take unexpected breaks. Learn to practice the art of patience and let go of the need for quick results.

LET GO OF PERFECTIONISM AND PRACTICE SELF-COMPASSION

We all make mistakes in life! There is no way around it. In fact, much of our growth actually comes from making and learning from mistakes. Be gentle with yourself. Learn from your mistakes, but don't beat yourself up about them. Let go of the need for things to be perfect. Nobody is perfect and **you are enough right now**, even as you seek to make mindful changes.

BE FLEXIBLE

Write your plans in pencil! Just because we make plans for our lives, doesn't mean that things will always turn out like we want them to. In fact, you can pretty much count on the fact that things WON'T turn out quite like you would like them to. Life is full of twists and turns. Always remain flexible and adaptable and be willing to make changes as you go along. Learn to **let go of the outcome** and simply choose to enjoy the process.

ACCEPT YOUR CURRENT LIFE SEASON

Don't expect yourself to be able to do everything you want exactly when you want it. Life is long. Accept the season of life you are in right now. That doesn't mean that you can't do the things you love to do just because you have other responsibilities, but it might mean that your priorities might need to shift and change with your seasonal changes. Remember that you can always move in **baby steps** when needed.

HONOR YOUR CHALLENGES

Having hopes and dreams for your life doesn't mean that you won't have challenges. Challenges are a part of life. Love yourself through these challenging experiences and honor them in healthy and productive ways. Allow yourself to take breaks and make adjustments to your life goals when you need to.

CELEBRATE YOUR PROGRESS AND CULTIVATE JOY

You don't have to wait until you have completed a certain goal before you reward yourself. Take the time to pat yourself on the back all along the way! Choose to gift yourself with little things that light you up and bring you joy.

THINK OF OTHERS

The most meaningful lives are the ones that are dedicated to making the world a better place. Seek to create a life that uses your gifts and talents to lift, inspire, and help others.

Hon to use this workbook

This workbook is divided into the following categories:

- THE BIG PICTURE and THE WHEEL OF LIFE
- INNER PEACE and SELF-CARE
- EMOTIONAL WELL-BEING
- PHYSICAL WELL-BEING
- MENTAL WELL-BEING
- FINANCIAL WELL-BEING
- OCCUPATIONAL WELL-BEING
- SOCIAL WELL-BEING
- ENVIRONMENTAL WELL-BEING
- NOTES AND WORKSHEETS (life planning worksheet, daily schedule, weekly schedule, etc.)

It is a good idea to fill in THE BIG PICTURE and THE WHEEL OF LIFE pages first, but then allow yourself to skip around and work through the other areas as you choose. Spend some extra time working through the different areas that speak to you the most.

Establish a daily **check-in** practice. It doesn't do you any good to go through this workbook and then simply ignore it once it's finished. In order for it to be effective, you'll want to create a consistent habit of checking in with yourself. Choose a time that works for you, but make the commitment to stick with it.

Check-ins don't have to be long! In fact, all you really need is just a few minutes to find focus and clarity for each new day. The Wheel of Life **Quick-Notes** page is perfect for daily check-ins.



START WITH GRATITUDE

Take the time to reflect on the many good things you have in your life right now. Strive to maintain an attitude of gratitude throughout your entire life journey.

| THINGS I AM THANKFUL FOR RIGHT NOW |
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CREATE A PERSONAL MISSION STATEMENT

A personal mission statement is a simple and concise statement that represents who you are, what you believe, and what your purposes and values are. This statement will give you a greater sense of clarity for your life planning. Take the time to reflect on the following aspects of your life before creating your statement. You can use a separate sheet of paper for brainstorming, if needed.

| List your current life roles (such as mother, teacher, friend, student, wife, etc.) |
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| List your personal values (such as kindness, creativity, loyalty, honesty, etc.) |
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| List your personality traits (visit 16personalities.com if you'd like to take a test) |
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| List your personal talents and natural abilities |
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| List your general goals and dreams |
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| List the things that light you up and make you feel happy |
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| Now find a way to combine and highlight the things that matter most to you and create your personal mission statement. |
| MY PERSONAL MISSION STATEMENT |
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ENVISION A HOPEFUL FUTURE

Close your eyes and picture what you would like a typical day to look and feel like in 5-10 years down the road. This activity is not meant for you to try and predict your life, but to simply help you stay focused on hopeful **possibilities**.

| How are you spending your day? |
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| Where do you live? |
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| Who are you with? |
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| What are you feeling? |
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| What are you thinking? |
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| What do you look like? |
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After envisioning your life in 5-10 years down the road, try it again for 20, 30, or even 40 years (or more) in the future. Try to keep these happy and hopeful thoughts and feelings in your mind as you move through this workbook.

The Wheel of Life

The Wheel of Life represents the different areas of your life that make up your life experiences. This diagram is not meant to encourage perfection in each of these areas, but to **increase awareness** of how we can grow, heal, learn, and create more joy through them. As we become more aware of the different areas of our lives, we begin to see them as *colors of a painter's* palette, rather than rigid, concrete, and perfectionistic. It's a good idea to enhance your life in the areas that matter most to you and then SIMPLIFY everywhere else.



Take a few minutes to reflect on how you feel about each of these areas of your life. Notice the different emotions that come up for you as you pass through each area. You will probably notice that some areas bring a feeling of peace and joy, while others bring frustration, dread, or even fear.



While you may not feel completely satisfied with each area of your life, take the time to reflect on the things that you are thankful for in each area right now.

| INNER PEACE |
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| SELF-CARE |
| EMOTIONAL WELL-BEING |
| PHYSICAL WELL-BEING |
| MENTAL WELL-BEING |
| FINANCIAL WELL-BEING |
| OCCUPATIONAL WELL-BEING |
| SOCIAL WELL-BEING |
| ENVIRONMENTAL WELL-BEING |

The Wheel of life Personal Evaluation

Circle the number on each scale that represents your level of contentment in each area of your life. Be honest with yourself and take the time to reflect on how you **really** feel. The goal isn't to try to achieve a perfect 10 in each area, but to be **mindful** of where you are, how you **feel** right now, and what season of life you are in. This evaluation is meant to be used as a tool for **AWARENESS**, not perfectionism! Also try to remember that your level of contentment can be increased simply by **changing your mindset** or by **simplifying your life** in a certain area.

You'll notice that there is a heart placed in the center of the scale. This is to remind you that it's OK to move up and down the scale through the different seasons of your life. Your level of satisfaction will ebb and flow in each area as you go through different life experiences. That's OK! Try to make peace with that and let go of the need to see a straight line of 10's. Think of this chart as a work of art, kind of like a dot-to-dot. Different life seasons will create different dot-to-dot patterns.

| INNER PEACE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
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| SELF-CARE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| EMOTIONAL WELL-BEING | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| PHYSICAL WELL-BEING | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| MENTAL WELL-BEING | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| FINANCIAL WELL-BEING | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| OCCUPATIONAL WELL-BEING | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |
| SOCIAL WELL-BEING | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |

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ENVIRONMENTAL WELL-BEING



Write a sentence or two that expresses how you'd like to grow in each area of your life. You will reflect deeper in each area later in this workbook, but for now, use this page to give you a general idea.

| INNER PEACE |
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| ENVIRONMENTAL WELL-BEING |
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Inner Peace and Self-Care-Overview

INNER PEACE can be explored by seeking to connect to a sense of stillness, serenity, acceptance, goodness, purpose, hope, and love.

Consider the following possibilities as you seek to increase your sense of inner peace.

- Establish habits and practices that increase your sense of inner peace in ways that feel authentic and meaningful to you.
- Cultivate a healthy mindset.
- Seek to establish, live out, and be authentic to your core values and belief systems.

Self-care is the act of nurturing yourself. Some people feel that self-care is selfish, but this couldn't be further from the truth! When you take care of your most pressing needs, you are more able to be of service to those around you. Learn to put your own oxygen mask on first so that you can help others with theirs. This doesn't mean that you should be self-obsessed, but it does mean that you should be self-compassionate.

Consider the following possibilities as you seek to create a self-care practice.

- Pay attention to what it is that you truly need in order to feel peaceful, healthy, and cared for.
- Find ways to honor your needs in all areas of your life.
- Remove negative self-talk and increase compassionate self-talk.
- Establish a healthy plan that balances self-care with service to others.

| Inner Peace and Self-Care - Ponder and Reflect |
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| Do you have a general sense of inner peace most of the time? Explain: |
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| Do you feel comfortable and satisfied with your core values and belief systems? If not, would you like to make changes in this area? |
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| Do you cultivate consistent habits and practices that help you return to a state of inner peace? If not, do you have the desire to create some? |
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| Are you comfortable with uncertainty? |
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| What is your opinion about self-care? |
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| What are some things that you like to do to take care of yourself? |
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| Do you have a consistent self-care routine that you are happy with? If not, do you have the desire to create one? |
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Now, take the time to dig a little deeper. Write down where you are now and where you'd like to be in the future. Create some action steps that can help you move closer to where you'd like to be. **Transfer these action steps to your life planning systems.**

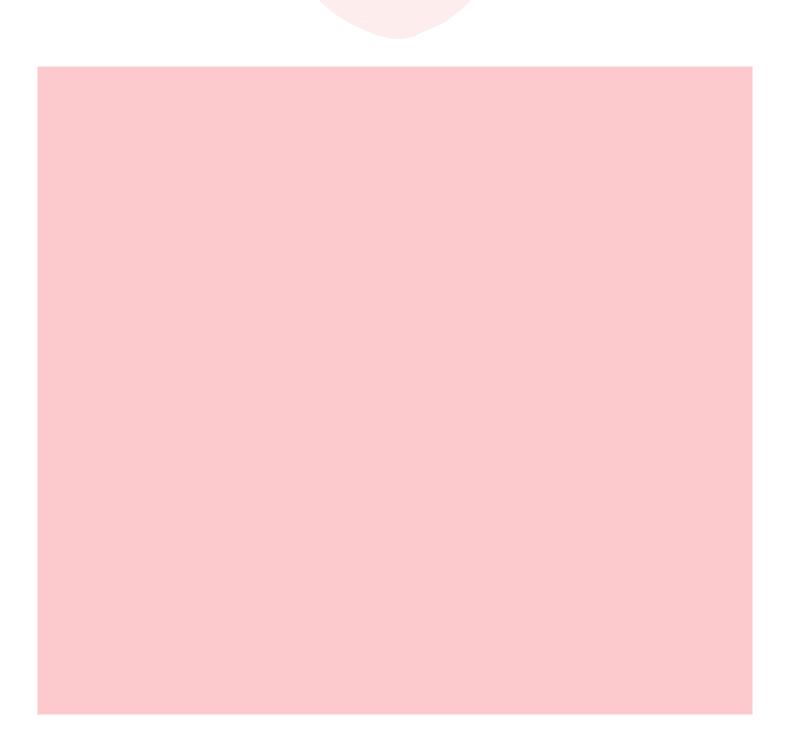
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| Inner Peace and Self-Care-Votes |
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Inner Peace and Self-Care-Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your idea of healthy INNER PEACE and SELF-CARE.





Emotional Well-Being - Overview

Emotions are natural, instinctive feelings that are derived from your circumstances, mood, and/or relationships with yourself and others.

Consider the following possibilities as you seek to create a greater sense of emotional well-being:

- Seek to better understand your many emotions and how they affect you in your daily life.
- Learn to **accept and honor** ALL of your emotions.
- Seek to understand what is **really** causing or triggering your emotional reactions.
- Learn how to feel, express, and work through all of your emotions in healthy ways that feel authentic to you.
- Learn tools to increase your positive emotions in healthy, non-destructive ways.
- Learn how to honor your emotions in the decision-making process, while not allowing them to **control** your choices.

| Emotional Well-Being - Ponder and Reflect |
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| Do you consider yourself to be emotionally healthy? Why or why not? |
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| Do you feel that you have an unhealthy relationship with some or many of your emotions? |
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| Are there certain emotions in your life that you would like to better understand? |
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| List the processes you go through to work through your emotional reactions: |
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| What are some possible ways you could improve your emotional well-being? |
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Now, take the time to dig a little deeper. Write down where you are now and where you'd like to be in the future. Create some action steps that can help you move closer to where you'd like to be. **Transfer these action steps to your life planning systems.**

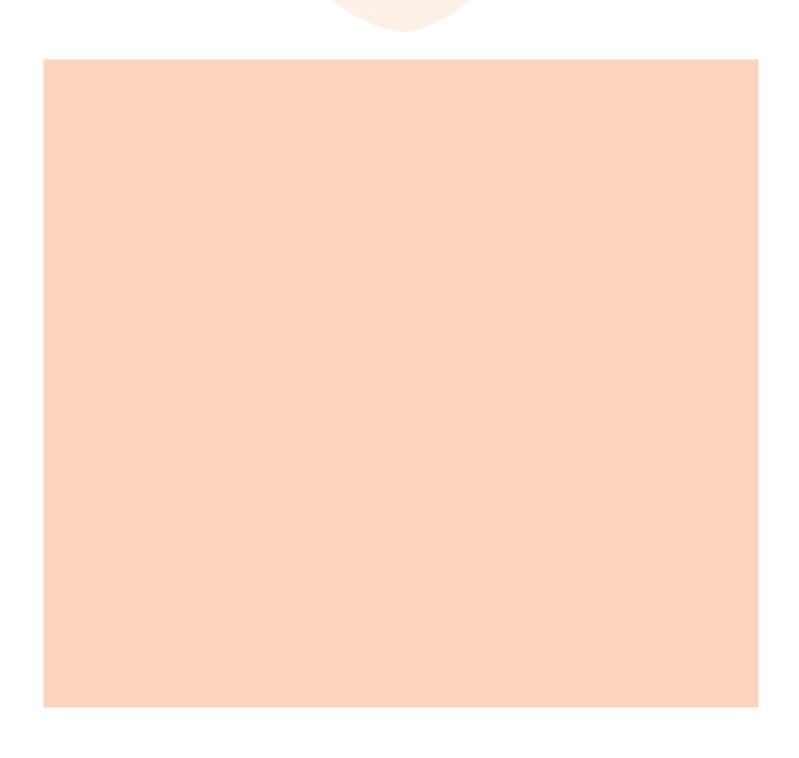
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| Emotional Well-Being - Votes | |
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Emotional Well-Being - Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your idea of healthy EMOTIONAL WELL-BEING.





Physical Well-Being - Overview

Physical well-being involves the process of honoring your physical body through various tools such as diet, exercise (movement), and medical/health care.*

Consider the following possibilities as you seek to honor your physical well-being:

- Take ownership of your own physical well-being.
- Let go of a **perfectionistic** view of physical wellness.
- Cultivate a healthy mental relationship with your physical body, regardless of imperfections, challenges, and limitations.
- Seek to understand the basics of nutrition as seen through different dietary theories and create a diet plan that works best for YOU, which includes personal goals, desires, and belief systems.
- Seek to understand the basics of various exercise and movement modalities and create an exercise and movement plan that works best for YOU, which includes personal goals, desires, and belief systems.
- Seek to understand the various types of health and wellness options that are available and create a wellness plan that feels comfortable to YOU.
- Build a health and wellness team that suits your own personal needs, personality, and belief systems.

^{*} Please consult with your professional medical team before making any important medical choices.

| Physical Well-Being - Ponder and Reflect |
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| Explain your overall physical health status: |
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| What is your overall approach to food and diet? |
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| Do you feel that you have a healthy relationship with food? Why or why not? |
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| How do you feel about your physical body? |
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| Do you have a physical fitness routine? If not, would you like to start one? |
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| Do you have a health care team that you feel good about? If not, do you have the desire to establish one? |
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| What are some possible ways you could improve your physical well-being? |
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Now, take the time to dig a little deeper. Write down where you are now and where you'd like to be in the future. Create some action steps that can help you move closer to where you'd like to be. **Transfer these action steps to your life planning systems.**

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Physical Well-Being - Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your idea of healthy PHYSICAL WELL-BEING.





Mental well-being involves the process of increasing your mental health, growth, and understanding in a way that simultaneously increases peace, personal knowledge, joy, and/or fulfillment.

Consider the following possibilities as you seek to honor your mental well-being:

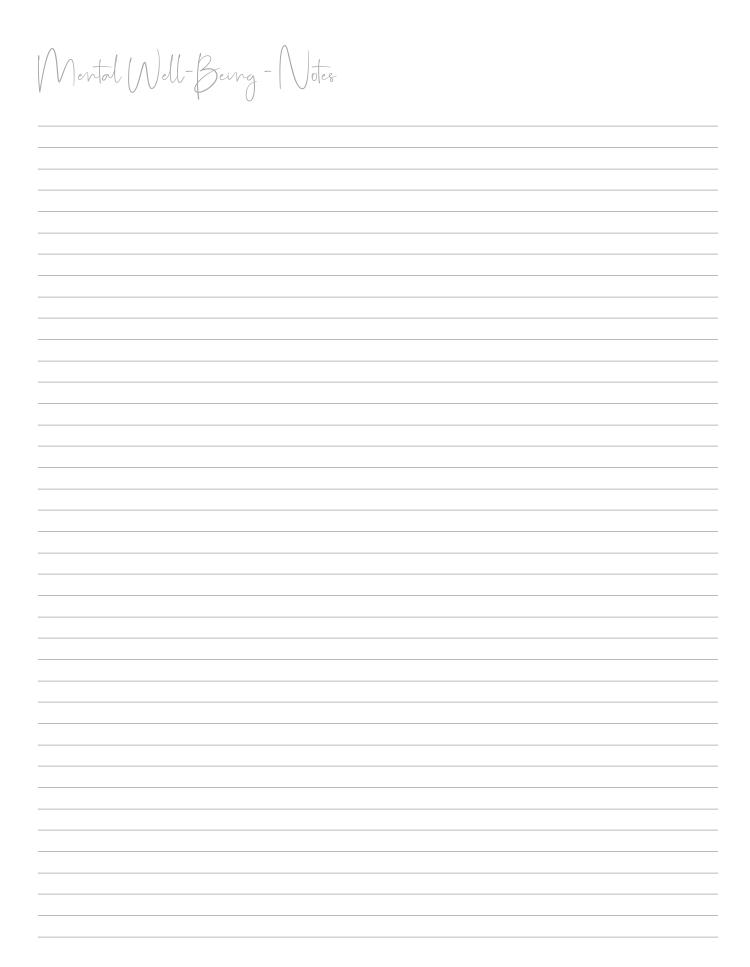
- Seek to better understand how the mind works, including brain plasticity (the brain's ability to heal and change).
- Seek to better understand the power of your thoughts.
- Learn to use your thoughts to create more positivity, joy and happiness in your daily life.
- Learn tools and techniques to help you let go of negative thought patterns.
- Learn how to use your mind to achieve greater creative fulfillment.
- Learn how to use your mind to creatively solve problems.
- Identify the areas in which you would like to increase in knowledge and learning.
- Seek to use the media (including television, movies, books, and music) to help increase your joy, peace, healing, and growth.
- Seek to understand the benefits of mindfulness and intentional awareness.
- Consider learning more about Cognitive Behavioral Therapy (CBT) and how it can benefit your life.

| Mental Well-Being - Ponder and Reflect |
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| Do you consider yourself to be mentally healthy? |
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| Are you generally aware of your thoughts and thought patterns? |
| Would you consider your thoughts to be generally positive, negative, or in the middle? |
| Do you believe in the brain's ability to heal, change, and grow? |
| Do you feel that you have the ability to creatively solve problems? |
| Do you enjoy learning new things? |
| What types of activities do you like to engage in to stimulate your mind? |
| What are some possible ways you could improve your mental well-being? |



Now, take the time to dig a little deeper. Write down where you are now and where you'd like to be in the future. Create some action steps that can help you move closer to where you'd like to be. **Transfer these action steps to your life planning systems.**

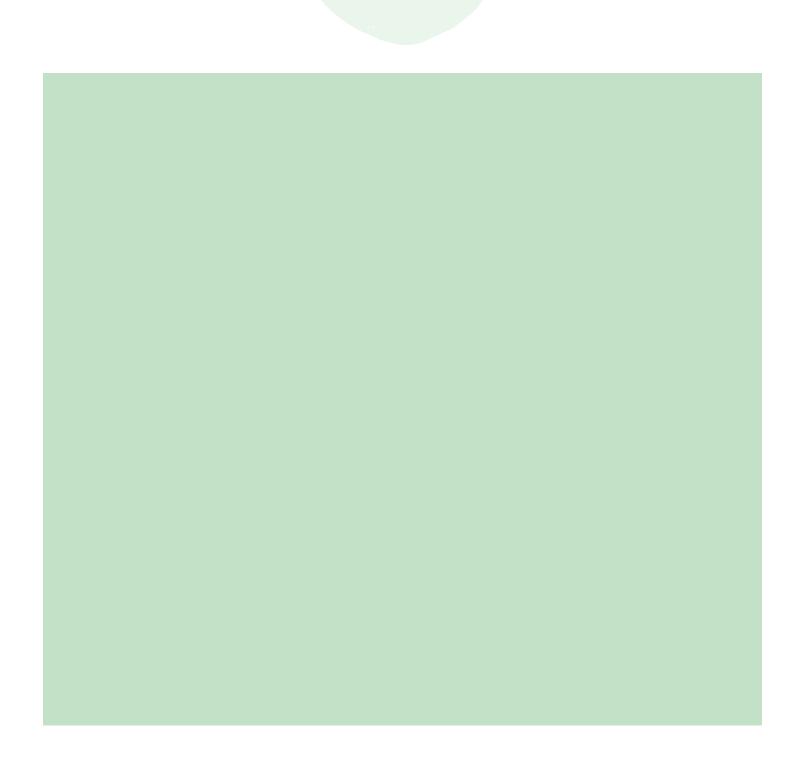
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Mental Well-Being - Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your idea of healthy MENTAL WELL-BEING.







Financial well-being includes the ability to meet current financial obligations, create a healthy and hopeful financial future, and manage money in a way that honors your own personal goals, values, personality, and belief systems.

Consider the following possibilities as you seek to honor your financial well-being:

- Create a financial planning and tracking system that works for YOU personally.
- Learn to make financial choices that honor your current financial resources, needs, plans, and belief systems.
- Seek to make financial choices that create peace and joy, rather than stress and regret.
- Learn to let go of fear and shame surrounding money, including financial comparison with others.
- Learn to feel and express gratitude and appreciation for your current financial situation and resources, while still being open to a gentle level of growth, increase, and creativity.
- Carefully identify your personal money stories that keep you stuck in negative financial patterns.
- Learn to respect and honor money and its ability to assist with peace, goodness, and joy in the world.
- Create a system for sharing your financial resources in a way that feels honest, truthful, and authentic.

| Financial Well-Being - Ponder and Effect |
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| Are you satisfied with your current financial situation? Explain why or why not. |
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| Do you feel that you have a healthy relationship with money? Explain why or why not. |
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| Do you feel that you have a good organizational system set up for your money management? |
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| Are you comfortable with the ways in which you earn money? If not, would you like to explore some possibilities for growth? |
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| How do you feel about sharing your financial resources with others? |
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| What are some possible ways you could improve your financial well-being? |
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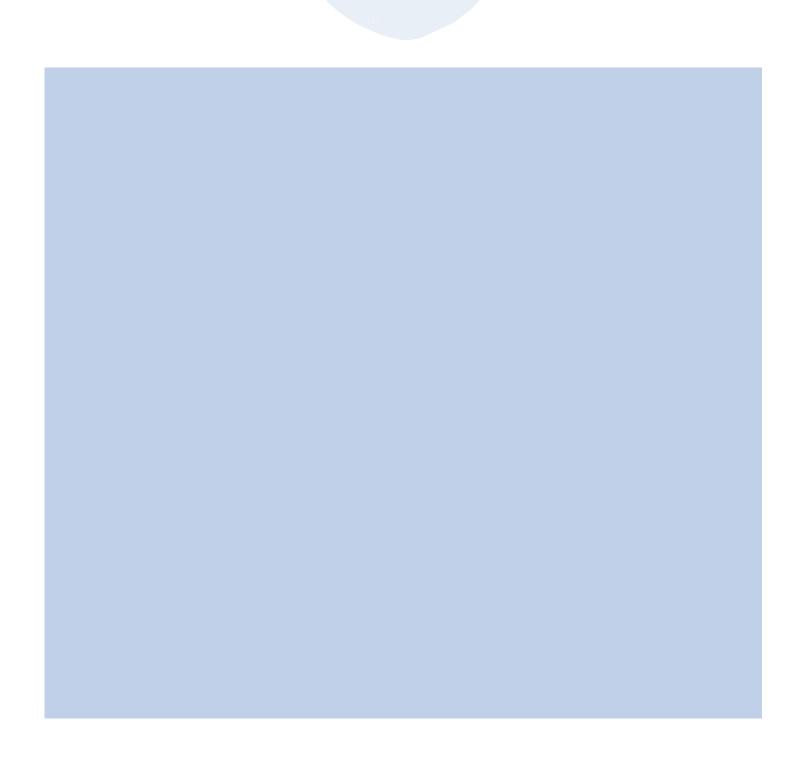
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Financial Well-Being - Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your idea of healthy FINANCIAL WELL-BEING.







Occupational well-being involves the process of engaging in work-related activities that are purposeful, uplifting, and inspiring.

Consider the following possibilities as you seek to honor your occupational well-being:

- Discover and engage in work that is fulfilling, purposeful, and joyful.
- Discover and engage in work that utilizes your natural skills, abilities, and talents.
- Take ownership of your work and work related habits.
- Create positive, effective, and balanced work habits.
- Let go of a **perfectionistic** attitude towards your work, while simultaneously seeking to be motivated and inspired by it.
- Accept the many possibilities when defining work structure, and create a work/hobby/dream plan that is purposeful, balanced, and in line with your own personal talents, life experiences, goals, and current life season.
- Learn to be flexible and creative in your work.
- Be willing to transform, change, and adapt your work related activities as the seasons of your life change and evolve.
- If you are not currently engaged in work that you enjoy, try taking some gentle baby steps in the direction of a more hopeful future and seek to find ways to make the most of your current situation.

| Occupational Well-Being - Ponder and Reflect |
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| Describe your occupation or how you choose to spend your work-related hours: |
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| Do you feel that you have a healthy relationship with your work life? |
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| Are you happy with your work-related experiences? |
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| Are you able to use your natural skills, abilities, and talents in your work life? |
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| Are you engaged in work that is fulfilling and uplifting to you? |
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| Are you generally satisfied with your work/life balance? |
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| What are some possible ways you could improve your occupational well-being? |
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| Occupational Well-Being - Votes | |
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Occupational Nell-Being - Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your idea of healthy OCCUPATIONAL WELL-BEING.



Social Well-Being - Overview

Social well-being involves the process of interacting and connecting with others in a way that feels authentic, uplifting, and inspiring.

Consider the following possibilities as you seek to honor your social well-being:

- Seek to understand your own personal traits and needs. You could use an online personality test to help you.
- Create social experiences that bring personal joy and fulfillment.
- Engage in conversations that are uplifting, joyful, purposeful, healing, and fulfilling.
- Let go of unhealthy judgement and comparison.
- Learn to love, honor, and accept yourself (by creating healthy habits of self-care) so that you are better able to love, honor, and serve others in authentic ways.
- Learn to serve others in a way that is uplifting and inspiring for both the giver and receiver.
- Learn to set **healthy boundaries** with yourself and others that are in line with your own personal goals, life experiences, and belief systems.
- Practice the art of speaking, acting, interacting, and dressing in a way that feels uplifting, honest, and authentic to you.
- Learn to honestly forgive, and express kindness, gratitude, admiration, and appreciation to others.
- Create a healthy relationship with social media that fosters a spirit of joy, creativity, and connection, rather than comparison, envy, and judgement.

| Social Well-Being - Ponder and Reflect |
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| Do you feel that you understand and are comfortable with your personality and how you interact with others? |
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| Do you feel that you generally have a positive view of yourself? |
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| What does your "self-talk" look like? |
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| Are you satisfied with your own personal style and how you visually present yourself to others? |
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| Do you have a healthy relationship with your family, friends, and acquaintances? |
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| Are you generally happy with your social experiences? If not, would you like to improve this area of your life? |
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| What are some possible ways you could improve your social well-being? |
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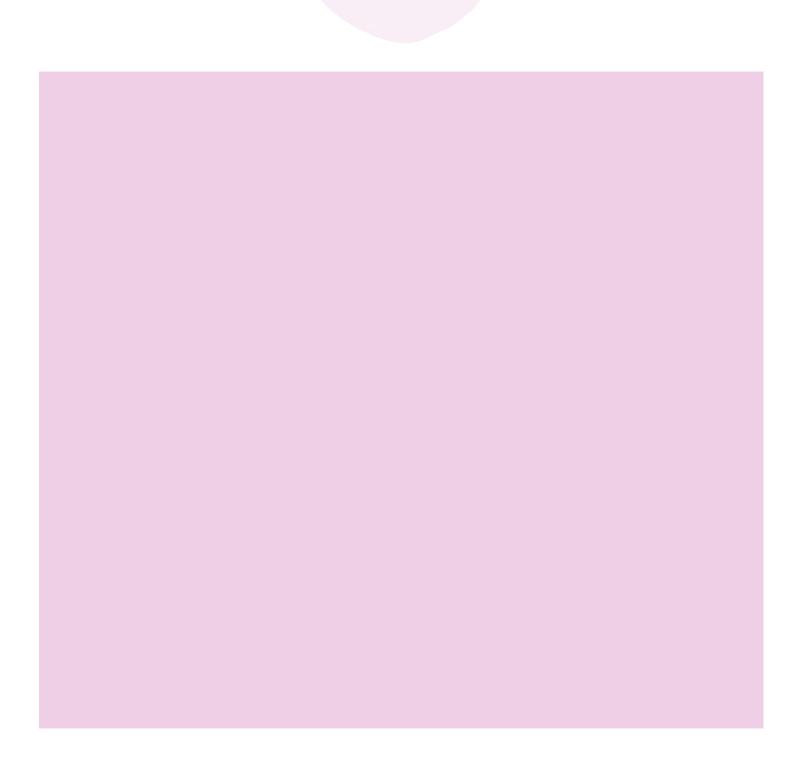
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Social Well-Being - Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your idea of healthy SOCIAL WELL-BEING.





Environmental Well-Being - Overview

Environmental well-being involves the process of enjoying and creating spaces that are healthy, uplifting, and inspiring.

Consider the following possibilities as you seek to honor your environmental well-being:

- Create spaces that reflect your own tastes and personality.
- Create spaces that fulfill your emotional and physical needs.
- Create spaces that are less cluttered, more organized, and more peaceful.
- Create habits and organizational systems that keep your spaces running smoothly.
- Seek to understand the environmental elements that contribute to or take away from your health, peace, joy, and happiness.
- Let go of a **perfectionistic** attitude towards your spaces, while still maintaining a sense of creativity, beauty, order, and growth.
- Enhance your joy through the use of design and creativity as it relates to personal space planning.
- Enhance your spaces through the use of uplifting music and media and other sensory experiences.
- Take the time to more fully enjoy your personal spaces on a consistent basis.
- Take the time to enjoy nature and care for our planet.

| Environmental Well-Being - Ponder and Reflect |
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| Explain your home environment, including overall look, feel, and level of organization: |
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| Are you generally happy with your home environment? |
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| Do you feel that your spaces are a true reflection of you and your family members? |
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| Do you feel that your environment fulfills your emotional and physical needs? |
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| Do you enjoy spending time in nature? |
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| What are some possible ways you could improve your environmental well-being? |
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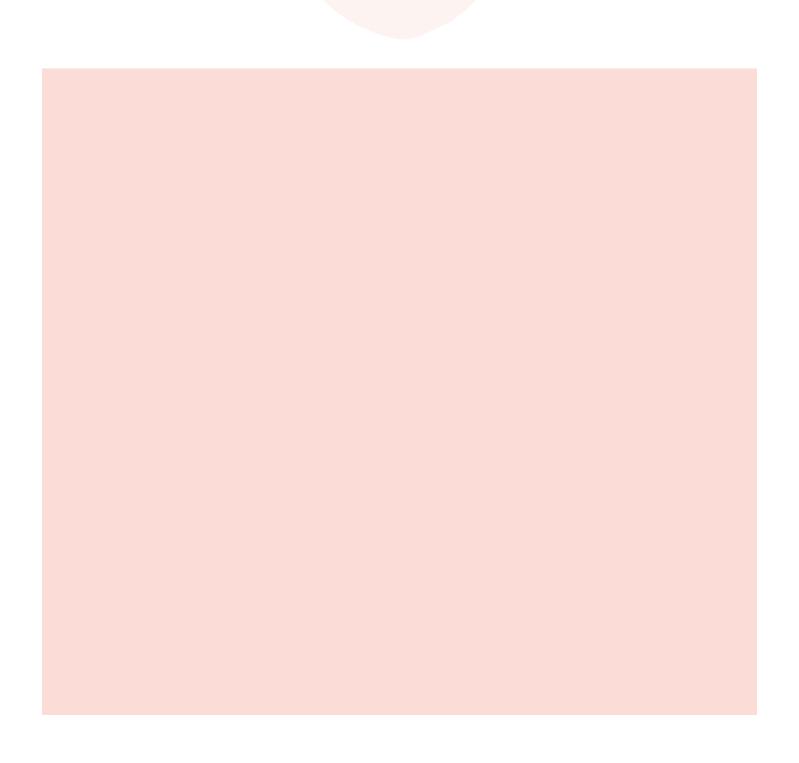
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| Environmental Well-Being - Votes |
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Environmental Well-Being - Inspiration Pictures

Collect and paste pictures from magazines or the internet that reflect your idea of healthy ENVIRONMENTAL WELL-BEING.







Create a general overview of your weekly schedule.

| MONDAY | | |
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| SATURDAY | | |
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| SUNDAY | | |
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Daily Plan

Create a general overview of your daily schedule.

| TIME BLOCK | ACTIVITY |
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Weekly Habit Tracker

Write and track your habits.

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life Flanning Worksheet

Create a general overview of your life and goals as you see them today.

| LIFE AREA | WHERE I AM NOW | POSSIBLE NEXT STEPS | WHERE I'D LIKE TO BE |
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