

SELF-DISCOVERY

FIND YOUR TRUE SELF

*A workbook designed to help you discover
and love who you truly are*

Self-awareness

Self-awareness is about being in tune with what you're feeling and thinking. It's the ability to see ourselves clearly and is the first step towards self-discovery. We don't always like what we see when we look at ourselves, but in some way getting to know ourselves generates comfort. It sparks unconditional self-love and personal improvement.

FEELING AT HOME

Feeling at home is part of our self-definition. By realizing what makes us feel at home we understand a little bit more about ourselves and what's important to us. Write down what makes you feel homey, comfortable, and that you belong. It can be a place, a person, a celebration, an activity, or even a specific food or fragrance. Then, try to find commonalities. It is very possible that you find patterns.

SIMILARITIES AND PATTERNS THAT I FOUND

THE LITTLE THINGS

Everyday happiness is easily lost in our hectic lives, but the good news is that we can change that. We can bring more joy to our days by integrating little things that make us smile. Little things have more power than we think they have. So, what are 5 little things that bring you joy and make you smile? After listing them, reflect on why they bring you joy and how you can add more of those moments to your life.

WHAT	WHY BRINGS ME JOY	HOW TO ADD MORE

INFLUENTIAL PEOPLE

Who has made a significant impact on your life and why? What lessons did you learn from them? What advice did they give you? Look back and start by identifying these people. Then write about how each has influenced the way you see and live your life. You will certainly identify negative experiences. Try to look at them with gratitude. You cannot love who you are if you hate the experiences that shaped you.

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Be Honest

To get to know your real identity, you need to be honest with yourself. Give the most importance to what you think of yourself rather than what others think of you and start living your truth. Only when honesty about who we are meets our willingness to change, the deepest path to personal development opens up.

ADDRESSING MY WEAKNESSES

Start by listing 3 things that you identify as your weaknesses. To identify them, think of things that are hard for you or that you naturally know you need to work on. Then, define what you can do to improve each weakness and start working on it. But before you start, remember that more important than trying to improve your weaknesses is to develop self-acceptance. We can accept and love ourselves for who we are now and still be committed to a life of personal development. Find some tips about self-acceptance below.

WEAKNESS	WHAT I CAN DO TO IMPROVE

3 REMINDERS TO HELP YOU IN THE PROCESS OF SELF-ACCEPTANCE:

1

YOU ARE NOT ALONE

You are just a human being and like everyone else you have weaknesses. Nobody is perfect and nobody is supposed to be.

2

FORGIVE YOURSELF

You are doing your best given the circumstances you are in at the moment. Don't blame yourself. The day you know how to do better, you will do better.

3

BE YOUR BEST FRIEND

Self-bullying arises from a lack of compassion and kindness towards oneself. Replace the negative self-talk with kind words. Practice talking to yourself as if you were talking to your best friend.

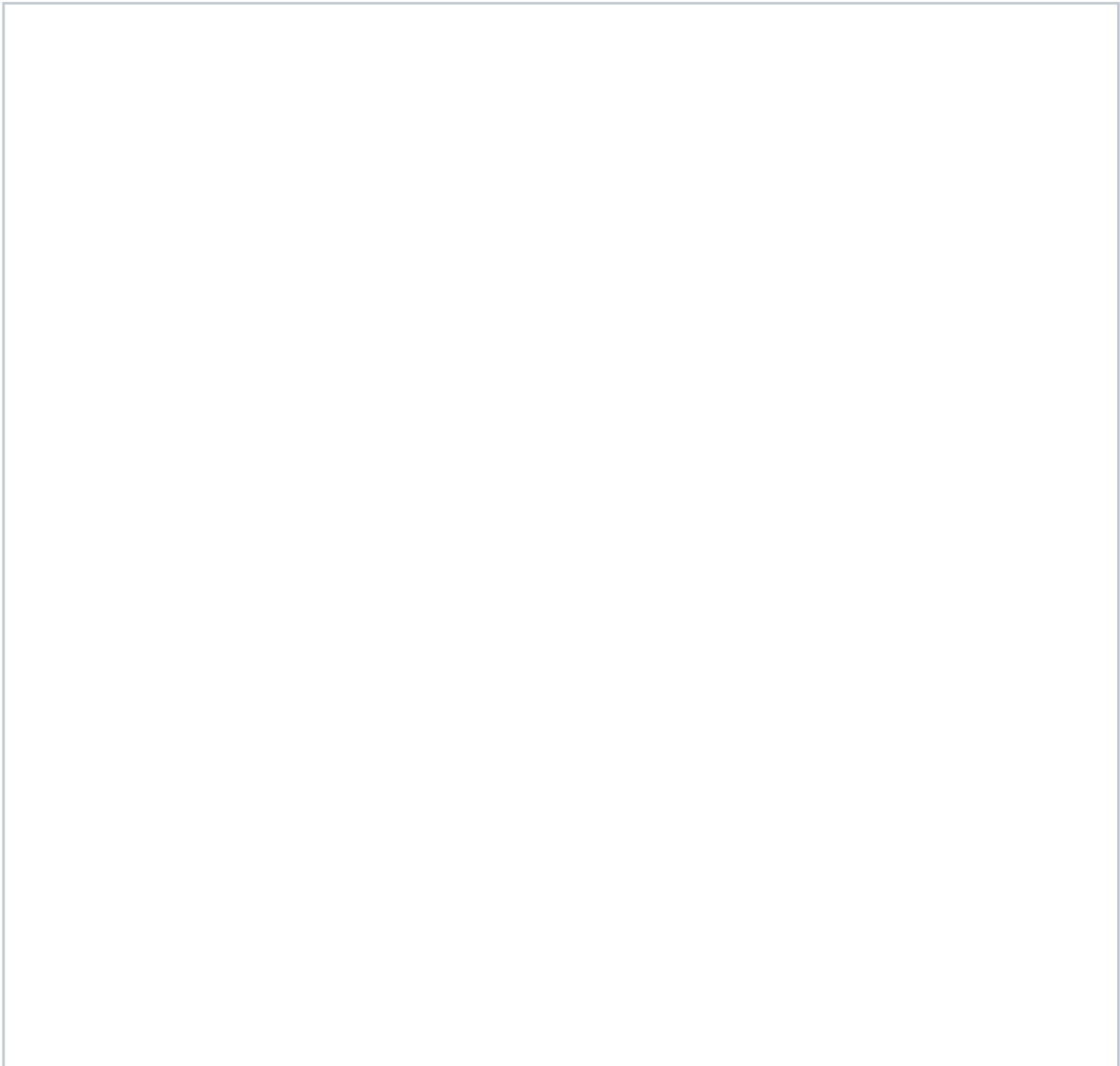
LEVERAGING MY STRENGTHS

Working on your strengths is just as important as improving your weaknesses. Don't let the focus on your weaknesses stop you from developing your unique talents. In order to identify your strengths, think about what you enjoy doing, what you get lost in, what you are naturally really good at, what you do different from others, and pay attention to the compliments that people make about you. Certainly, there are specific things that pop up. Write them down to create your strengths board.

FIRST STRENGTH THAT I WILL TAKE TO A HIGHER LEVEL

I WISH OTHERS KNEW


What do you wish others knew or understood about you? One of the hardest things to bear is being misunderstood by other people. Take the time to reflect on all the things you wish others knew about you. This will help you learn more about your true self. Then decide how you will act the next time someone misunderstands you. Will you kindly clarify who you really are or let it go because ultimately you know who you are and that's enough? Just so you know, both options are valid.

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NEXT TIME SOMEONE MISUNDERSTANDS ME I WILL

CULTIVATING AUTHENTICITY

How often do you worry about what others think of you? How often do you change your natural behavior to fit in, please others, and be accepted? How often do you feel so terrified of what others might think of you that you don't take the first step? Describe some of these situations and how they make you feel. When our focus is on being accepted by others, there is a high probability of damaging our self-esteem because it is dependent on the reaction of others, which is something we do not control. It's time to shift our focus from trying to be accepted to being authentic. When we cultivate authenticity, regardless of the reaction of others, we know that we are being true to ourselves. Choose authenticity.

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What 's Essential

In a world with so many options and opinions it's not always easy to keep the focus on what matters the most. To improve this, we first need to understand what's essential to us. By being selective we win space for ourselves and that drives us to significant progress in the things that matter the most to us.

DEFINING HAPPINESS

It is our internal world that determines whether we are having a good day or not, whether we are happy or unhappy. That's why we can feel angry despite beautiful surroundings and feel happy despite being stuck in traffics. We only have to do one thing to be happy: change the way we look at our lives. Regardless of where we are on the spectrum of happiness, each one of us has its own way of defining happiness. What is your definition of happiness? What happiness means to you?

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ENERGY DRAINERS

We all have obligations and responsibilities that we need to take care of, but still, we can set healthy boundaries for ourselves. Start by identifying what activities and people are draining your energy. Then ask yourself how you can eliminate or at least reduce each energy drainer. This often requires talking about your boundaries with others. Be sure to explain how you feel and why it's important to you that your boundaries are respected. In the end, this is about being clear with yourself and with others about your boundaries. By doing it, you will be able to slow down and have more time for what matters to you.

ENERGY DRAINER	HOW CAN I CUT IT OUT OR AT LEAST REDUCE IT?

MY PRIORITIES

Now that you have recognized what isn't worth your time, it's time to get clear about what's important to you and then make more time for it. Think about the things and people that mean the world to you and the areas in your life you want to spend more time. Our ability to move forward and live a more joyful life often depends on what we decide to prioritize. Once you have defined your priorities, you'll be able to make better and quicker decisions that guide your life choices.

There's Still Time

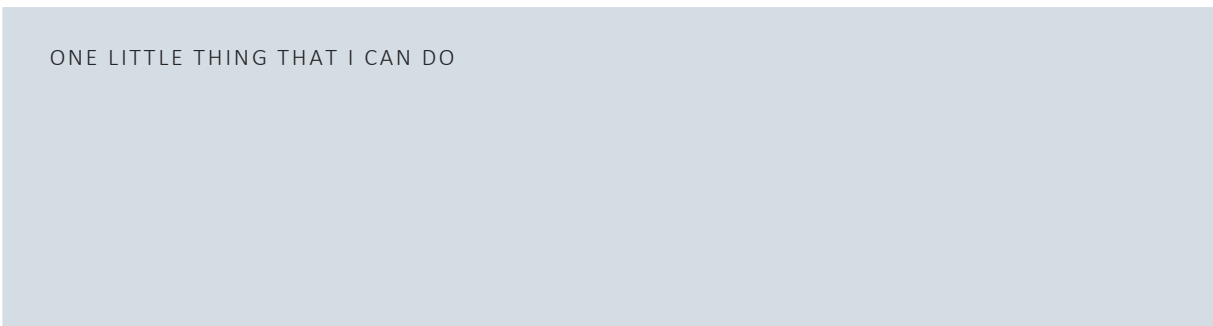
There's still time to learn something new. There's still time to do all those things that you know you will regret if you don't do them. No matter how old you are, there's still time to begin doing all those things. Start by setting your intentions and remember that you are on your own clock, not anyone else's.

INHALE COURAGE EXHALE FEAR

What are you afraid of? What is something that you always wanted to do but never did because you were too scared? Take some time to journal about that and choose one little thing that will help you overcome one of your fears. Your fears are stopping you from being your true self. Don't let that continue to happen.

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ONE LITTLE THING THAT I CAN DO

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GET A SENSE OF DIRECTION

If today were the last day of your life, what would you regret not doing? Being aware of our possible regrets gives us a sense of direction. It helps us to get to know ourselves better. Besides that, oftentimes, we realize that many of these things can still be accomplished, and that alone can motivate us to take a step forward. A step that our future self will thank us for.

A STEP THAT MY FUTURE SELF WILL THANK ME FOR

ULTIMATE BUCKET LIST

Take some time to brainstorm the experiences and achievements you wish to accomplish and build your bucket list. When doing it, remove all the limits. There are no crazy, silly, or impossible ideas. Then choose an item of your bucket list to focus on. It's easy to get lost in our daily routines and forget about it. Don't let that happen. These experiences and achievements are part of yourself and they shouldn't be ignored or placed last on your to-do list.
