

GET TO KNOW YOURSELF



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INNER LIFE

NAME _____

FAVOURITE EMOTION TO FEEL _____

LEAST FAVOURITE EMOTION TO FEEL _____

THE THING THAT BRINGS ME MOST JOY _____

THE PERSON THAT BRINGS ME MOST JOY _____

WHAT MAKES ME CRY _____

WHAT MAKES ME LAUGH _____

WHAT MAKES ME INSPIRED _____

WHAT MAKES ME ANGRY _____

WHAT MAKES ME ANXIOUS _____

WHAT MAKES ME GRATEFUL _____

WHAT BRINGS ME HOPE _____

MY FAVOURITE THING ABOUT MYSELF _____

MY LEAST FAVOURITE THING ABOUT MYSELF _____

MY FAVOURITE PLACE _____

MY FAVOURITE MEMORY _____

WHAT I LONG FOR THE MOST _____

THE FEAR I WANT TO LET GO OF _____

I WANT TO FEEL MORE _____

I WANT TO FEEL LESS _____

I FEEL MY BEST WHEN _____

I AM MOST LOOKING FORWARD TOO _____

I AM CURRENTLY LETTING GO OF _____

Things I love about myself

WHERE I LIVE

AM I CONTENT WITH WHERE I LIVE RIGHT NOW?

WHAT MAKES ME HAPPY ABOUT WHERE I AM LIVING?

WHAT WOULD I CHANGE ABOUT MY LIVING SITUATION?

DESCRIBE MY IDEAL LITTLE LIVING SITUATION.

LIST ONE THING I CAN DO TO IMPROVE MY HOME LIFE TODAY

WHERE I WORK

DO I FEEL GOOD ABOUT MY WORK?

SHOULD I DEVOTE MORE OR LESS EFFORT AT WORK? DO I TAKE ON TOO MUCH?
DO I NEED TO PUT IN MORE EFFORT?

DO I WANT TO WORK FOR SOME CAUSE? IF SO , WHAT CAUSE?

WHAT COULD I DO THAT WOULD MAKE ME PROUD OF MYSELF?

IMAGINE THE FUTURE , WILL I ACHIVE WHAT I'VE BEEN STRIVING FOR CAREER-WISE?

SELF LOVE

“WHEN YOU TAKE CARE OF
YOURSELF, YOU'RE A
BETTER PERSON FOR
OTHERS.”

MY FINANCES

AM I SATISFIED WITH MY FINANCIAL SITUATION? IF NOT, WHY NOT?

WHAT EMOTIONS DO I FEEL WHEN I THINK ABOUT MY RELATIONSHIP WITH MONEY?

DO I MAKE MYSELF FEEL BAD BY COMPARING MY FINANCIAL SITUATION TO OTHER PEOPLE? IF SO, WHAT ABOUT THEIR SITUATION WOULD I LIKE TO HAVE FOR MYSELF?

HOW MUCH MONEY WOULD I NEED TO MAKE FOR ME TO FEEL COMFORTABLE?

LIST 1 THING I CAN BE GRATEFUL TO MYSELF FOR WHEN IT COMES TO MONEY

RELATIONSHIP STATUS

HOW DO I FEEL ABOUT MY RELATIONSHIP STATUS?

AM I GETTING MY NEEDS MET WITH THIS RELATIONSHIP?

IF I'M CURRENTLY NOT GETTING MY NEEDS MET, WHAT DO I NEED TO HELP ME FEEL GOOD IN MY RELATIONSHIP?

WHAT MAKES ME FEEL GOOD ABOUT MY CURRENT RELATIONSHIP?

IMAGINE THE FUTURE, WILL I GET WHAT I'M LOOKING FOR IN A RELATIONSHIP?

SELF LOVE

“WHEN YOU FEEL GOOD
ABOUT YOURSELF, YOU
TREAT OTHERS BETTER.”

FRIENDSHIPS

DO I FEEL FILLED AND COMPLETE IN MY FRIENDSHIPS?

DO MY CLOSE FRIENDS SUPPORT ME IN REACHING MY POTENTIAL?

DO I HAVE FUFILLING CONNECTIONS WITH THE PEOPLE I SPEND THE MOST TIME WITH?

WHICH OF MY FRIENDS MAKE ME FEEL AMAZING ABOUT MYSELF, AND WHY?

HOW WOULD I DESCRIBE WHAT KIND OF FRIEND I AM? WHAT AM I ALREADY DOING WELL? HOW CAN I IMPROVE?

FAMILY

HOW WOULD I DESCRIBE MY RELATIONSHIP WITH MY FAMILY?

DO I FEEL SAFE, BEING HONEST AND OPEN WITH MY FAMILY?

DO I RESPECT MY OWN LIMITS WHEN IT COMES TO MY FAMILY? HOW CAN I SET BOUNDARIES WITH THEM ?

IN A PERFECT WORLD HOW IS MY RELATIONSHIP WITH MY FAMILY ?

I AM GRATEFUL FOR MY FAMILY, BECAUSE...

SELF LOVE

“BY TAKING CARE OF MYSELF I HAVE SO MUCH MORE TO OFFER THE WORLD THAN I DO WHEN I AM RUNNING ON EMPTY.”

WORK/ LIFE BALANCE

HOW WOULD I DESCRIBE MY WORK LIFE BALANCE?

WHAT CAN I DO TO IMPROVE MY WORK LIFE BALANCE?

HIGHER POWER

HOW DO I FEEL ABOUT MY RELATIONSHIP TO A HIGHER POWER?

HOW DO I FEEL SUPPORTED BY THE UNIVERSE?

IN WHAT WAY CAN I SHOW MORE GRATITUDE TO THE UNIVERSE?

WHAT THINGS DO I WISH TO ASK THE UNIVERSE ?

LIST ONE THING THAT MAKES ME FEEL SPRITUALLY CONNECTED

SELF LOVE

“IF YOUR COMPASSION
DOES NOT INCLUDE
YOURSELF, IT IS
INCOMPLETE”

MY HEALTH

HOW DO I FEEL ABOUT MY CURRENT STATE OF HEALTH?

HOW DO I FEEL WHEN IT COMES TO MY RELATIONSHIP WITH FOOD?

DO I EXERCISE ENOUGH? AM I TAKING CARE OF MYSELF PHYSICALLY?

HOW DO I FEEL WHEN I THINK ABOUT MY BODY? LIST 3 THINGS YOU LIKE ABOUT YOUR BODY.

WHAT IS ONE THING I CAN DO TO TAKE CARE OF MY BODY TODAY?

SELF LOVE

“YOU DESERVE YOUR OWN
TIME AND SUPPORT”

MY LEISURE TIME

WHAT IS MY FAVORITE THINGS TO DO WITH MY DOWN TIME?

DO I REST ENOUGH ? DO I ALLOW MYSELF TO UNPLUG ?

WHAT IS ONE HOBBY OR ACTIVITY I'VE ALWAYS WANTED TO TRY? WHAT'S STOPPING ME FROM TRYING THIS ?

WHAT IS ONE VACATION I'VE ALWAYS WANTED TO GO ON? AM I TAKING THE STEPS TO MAKE THIS HAPPEN?

WHAT MAKES ME FEEL THE MOST FULFILLED IN MY FREE TIME?

MY OVERALL LIFE

WHAT IS THE QUESTION I AM MOST AFRAID TO GET ASKED?

IN WHAT WAY WOULD I LIKE THE NEXT 5 YEARS TO UNFOLD? WHAT STEPS AM I GOING TO TAKE TO MAKE MY DREAMS COME TRUE?

WHAT WOULD GIVE MY LIFE MORE MEANING?

WHAT IS YOUR ONE BIG GOAL FOR THE NEXT YEAR?

WHAT STEPS AM I GOING TO TAKE TO BETTER MYSELF?
