

SELF DISCOVERY

LEARN ABOUT YOURSELF

Find out what gets you excited about your future - what motivates you about life? Take your time, be honest and write your answers down.

1. What motivates me to get up in the morning?
2. What keeps me up at night?
3. What makes me proud of myself?
4. What do I do best?
5. Who do I admire professionally, and why?
6. Why do I do what I do?
7. When am I happiest?
8. How can I be happier?
9. What are my dreams and how are they achievable?
10. What is stopping me?

WHAT ARE YOUR OPTIONS?

POSSIBLE OPPORTUNITIES

Make a list of your possible opportunities. Be it big or small, a personal life choice, or a professional one. Write down what you think is possible for you.

1. _____
2. _____
3. _____
4. _____
5. _____

WHAT DO YOU THINK IS YOUR CALLING?

What are your beliefs? What do you think is important to your life? List down the things that you feel or and motivates you. Be honest.

1. _____
2. _____
3. _____
4. _____
5. _____



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HOW CAN YOU IMPROVE YOURSELF?

Make time for yourself and make room for what you love.
 Think about your purpose and how you can achieve it.

THINKS TO DO MORE

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

THINKS TO DO LESS

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

MAKE NOTES:
