

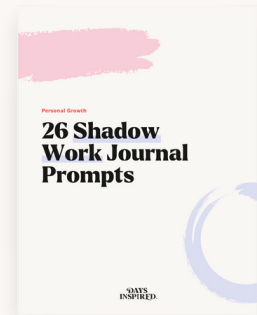


Personal Growth

Self discovery workbook



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PASSWORD

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Your personal values

Knowing your core values is essential for self discovery. Your values can act as a guiding compass in your life. When making big and small decisions, you can always turn back to your core values to decide what is best for you.

Step 1: Highlight any values from this list that you feel are important to you or write your own. Don't overthink your responses, just choose what feels right. Aim for around 20-25 values.

Achievement	Nature	Public Service	Integrity
Leadership	Close Relationships	Democracy	Work with Others
Advancement/ Promotion	Open and Honest	Persistence	Involvement
Loyalty	Cooperation	Self-Motivation	Working Alone
Adventure	Order	Knowledge	Expertise
Market Position	Community	Humour	Stability
Challenging Problems	Influencing Others	Economic Security	Security
Meaningful Work	Pleasure	Quality Relationships	Excellence
Change and Variety	Creativity	Effectiveness	Self-Respect
Money	Power and Authority	Recognition	Excitement
Clear Communication	Customer Service	Ethical Practice	Serenity
Nature	Privacy	Wisdom	Physical Challenge
Financial Gain	Decisiveness	Work Under Pressure	_____
Personal Development	Freedom	Competition	_____
Competence	Supervising Others	Time Freedom	_____
Independence	Friendships	Helping Society	_____
Status	Teamwork	Truth	_____
	Growth	Honesty	_____

Step 2: Group together values that have a similar meaning to you. Then, choose a word or phrase that represents the entire group.

_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
VALUE 1	VALUE 2	VALUE 3	VALUE 4	VALUE 5

Your values in action

Once you know your values, pay attention to how you embody them in your day to day life. Ask yourself whether you live in alignment with your values and how you can start.

CORE VALUE:

HOW WELL DO I LIVE THIS VALUE?



5 WAYS I PUT THIS VALUE IN ACTION

WAYS I CAN START PRACTICING THIS VALUE

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HOW WELL DO I LIVE THIS VALUE?



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Personality profile

When you're having an identity crisis, it can be helpful to think about what you do know about yourself. Keep a personality profile as a reminder of your personality, favorite things, and more.

MYERS BRIGGS TYPE

ENNEAGRAM

ASTROLOGICAL SIGN

WORDS THAT DESCRIBE ME

MY GREATEST STRENGTHS

WAYS I EXPRESS MYSELF

THINGS I LIKE TO DO ALONE

THINGS I LIKE TO DO WITH OTHERS

FAVORITE BOOKS/MOVIES

FAVORITE PLACES

THINGS THAT MAKE ME SMILE

MY IDEAL DAY

Self discovery journal prompts

Journaling is essential for self discovery. Pick prompts that intrigue you and reflect. (Lined paper on the next page)

1. What are 5 of my greatest strengths?
2. What 3 words describe me best?
3. How would my friends describe me?
4. How would my family describe me?
5. What does my perfect day look like?
6. What do I dream about?
7. What is my proudest accomplishment?
8. What's something I've always wanted to try?
9. Would I rather slow down time, or speed it up?
10. What are 5 of my weaknesses?
11. What do I wish I was better at?
12. How did I get to the point in life that I am now?
13. If I could share one quote or message with the entire world, what would it be, and why?
14. What is something I want to do less of?
15. What motivates me?
16. What fears do I have about the future?
17. What makes me unique?
18. What am I grateful for?
19. Am I honest with myself?
20. What is my intuition telling me?
21. What is love?
22. What is my purpose in life?
23. What is my ideal partner like?
24. In what ways am I proactive? In what ways am I lazy?
25. What do I stress about?
26. How do I feel about my primary caregivers? (ie. Mother & father)
27. How am I growing?
28. What bad habits am I falling into?
29. Am I in the right career path/ school?
30. How would I be different if I didn't care about other people's opinions?
31. If I could go back and change one thing in my past, what would it be?
32. How do I help others?
33. What am I better at than other people?
34. What's the best thing that could happen to me this coming year?
35. What am I a victim of?
36. How do I react to criticism?
37. Is my life fun?
38. When am I shy? When am I outgoing?
39. What is my favorite place and why do I love it?
40. What are my favorite childhood memories and why?

