



the

SELF DISCOVERY

FINDING YOURSELF THROUGH SELF-CARE

WORKBOOK

RE/IGNITE AND THRIVE COACHING
REIGNITETHRIVECOACHING.CA



the
**SELF
DISCOVERY**
workbook

WELCOME

This workbook is designed to help you elevate your self-worth to improve your self-love and self-compassion.

Through the use of questions, step-by-step instructions, exercises, and examples, this workbook will help you to discover more about yourself and to gain a better understanding of who you are and what you need to be happy and fulfilled.

Let's get started

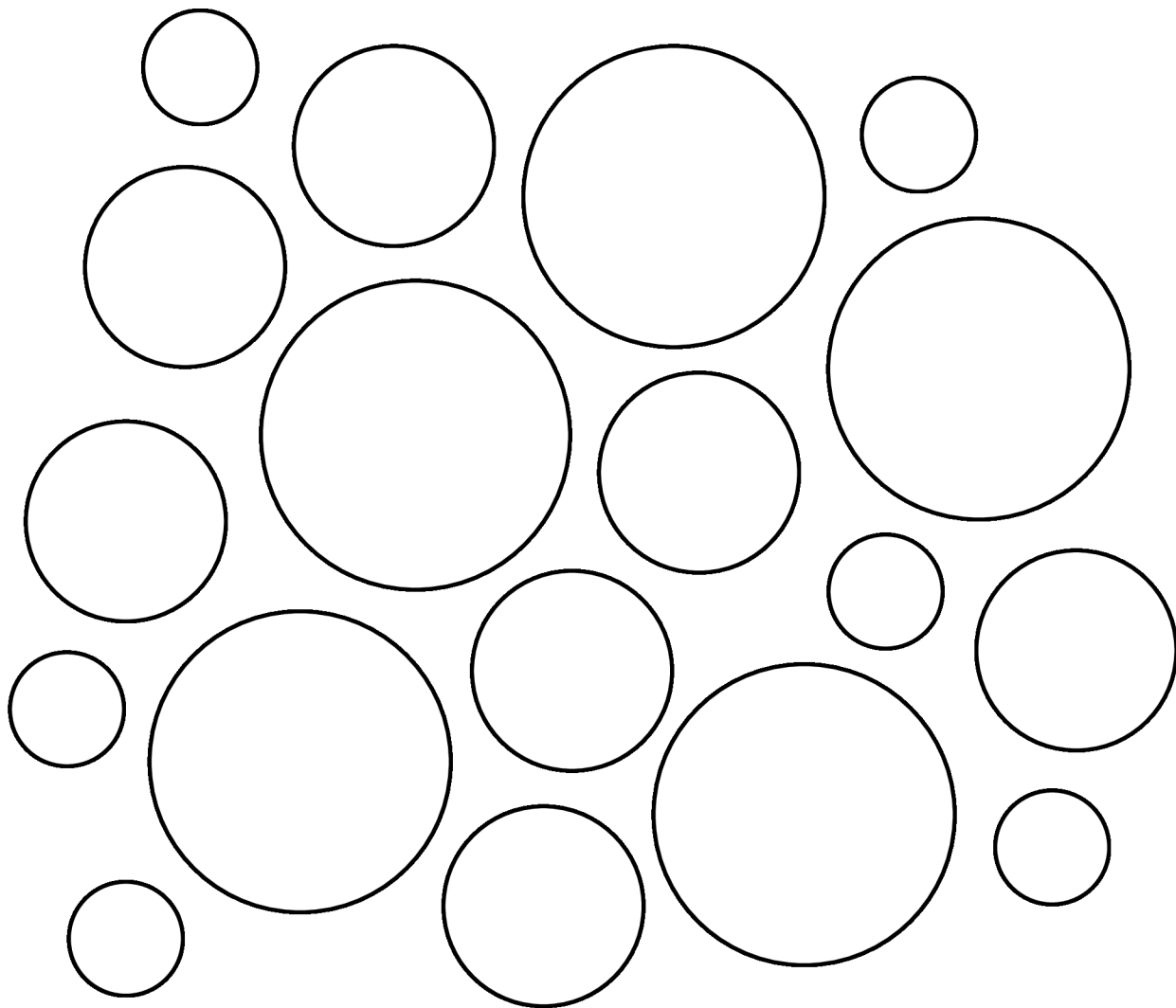
STEP 1

IDENTIFY YOUR VALUES

Write down a list of values that are important to you. These can be values related to relationships, career, family, and other areas of your life.

EXAMPLES

Examples of values include honesty, loyalty, respect, integrity, and kindness.



STEP 2

EXAMINE YOUR BELIEFS

Write down a list of beliefs about yourself. These can be beliefs related to your abilities, your worth, and your potential.

EXAMPLES

Examples of beliefs include "I am capable of achieving great things", "I am worthy of love and respect", and "I am capable of making a difference".

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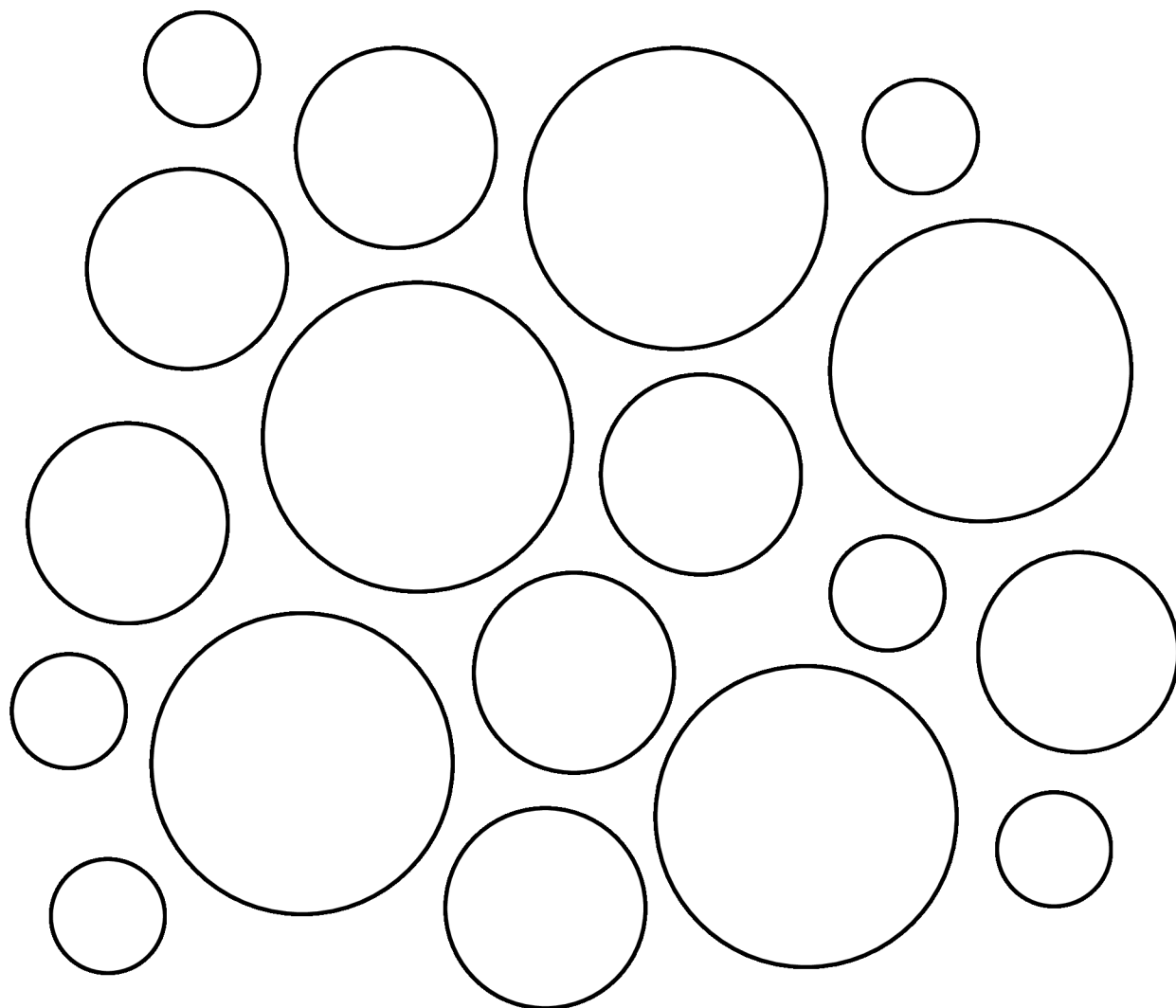
STEP 3

EXPLORE YOUR PASSIONS

Write down a list of activities and interests that bring you joy and fulfillment. These can be activities related to your hobbies, career, relationships, or other areas of your life.

EXAMPLES

Examples of passions include writing, painting, traveling, cooking, and spending time with family and friends



STEP 4

REFLECT ON YOUR EXPERIENCES

Write down a list of experiences that have shaped who you are today. These can be experiences related to your childhood, relationships, career, or other areas of your life.

Examples of experiences include overcoming a difficult challenge, learning a new skill, or experiencing a major life event.

STEP 5

WRITE DOWN A LIST OF YOUR STRENGTHS AND WEAKNESSES

Examples of strengths include being organized, being a good listener, and being creative. Examples of weaknesses include being overly critical, impatient, and shy.

STRENGTHS

WEAKNESSES

STEP 6

SET GOALS

Write down a list of goals that you would like to accomplish in the near future. These can be goals related to your career, relationships, health, or other areas of your life.

EXAMPLES

Examples of goals include getting promoted, starting a new hobby, or becoming more confident in social situations.



BRAIN DUMP



FINAL GOAL



DUE DATE _____



FINAL GOAL



DUE DATE _____



FINAL GOAL



DUE DATE _____



FINAL GOAL



DUE DATE _____

the SELF DISCOVERY *workbook*

CONGRATULATIONS

By completing this self-discovery coaching workbook, you have taken an important step in improving your self-love and self-compassion.

You have identified your values, beliefs, passions, experiences, strengths, and weaknesses and have set goals to help you move forward in life.

Review your answers and notice when you feel proud of yourself.

Remember, self-discovery is an ongoing process, and it is important to reflect on your progress and make adjustments as needed.

It is important to be patient with yourself and to take small steps toward your goals. If you find yourself struggling, don't hesitate to reach out for help and support.



MEET THE COACH

Julia Huckle
RE/ignite and Thrive Coaching

Julia is a mum, caregiver, RN, MHA, coach, entrepreneur, healthcare and education leader, and professor. She is passionate about supporting others to achieve their goals, reignite their passions and thrive in their careers and life.