

DAY 1 – DISCOVER

Name: _____

Date: _____

“Think back to a time when you felt completely in your element. What were you doing? Who were you with? How did it feel in your body?”

Need help? Here are a few guiding questions:

- What did you love doing as a child before the world told you who to be?
- When do you lose track of time in the best way?
- What do people always come to you for?

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Task: Take 10-15 minutes to reflect and journal your answers.
Don't overthink - just let it flow.

