



THE PATH OF
**SELF
DISCOVERY**

Workbook

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WELCOME

This worksheet is designed to help you elevate your self-worth to improve your self-love.

Through the use of questions, step-by-step instructions, exercises, and examples, this worksheet 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



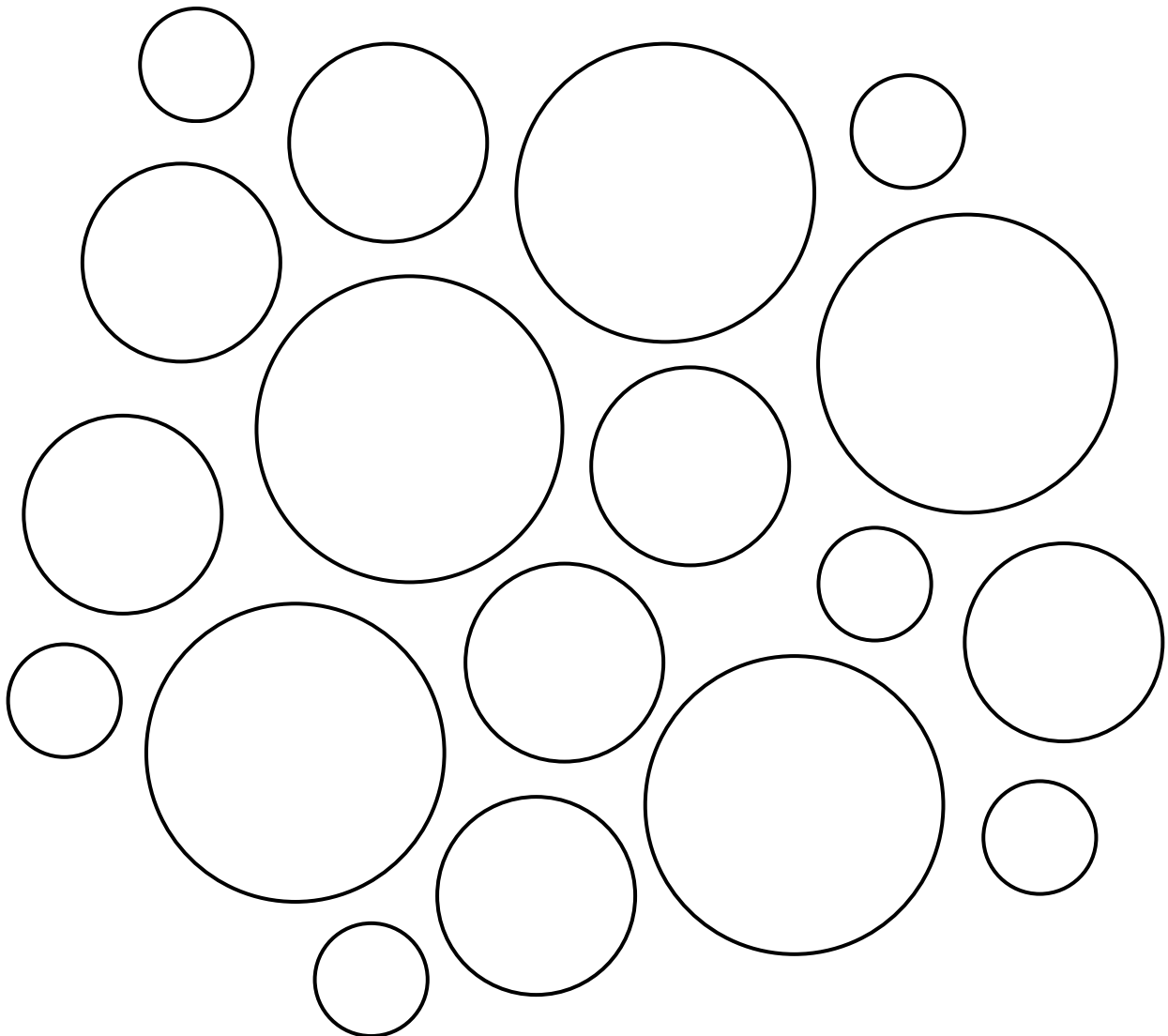
STEP 1

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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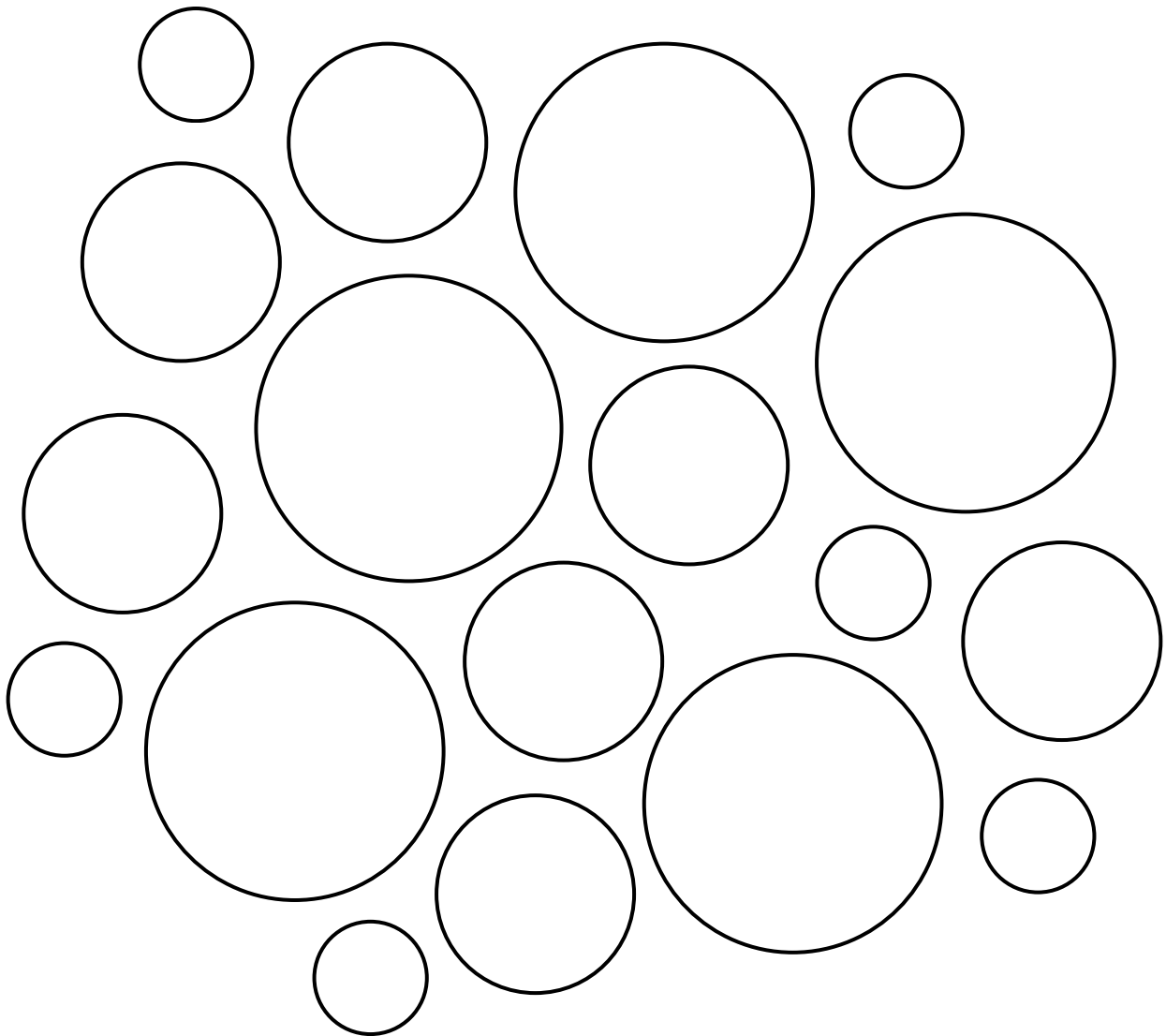
STEP 3

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

SELF DISCOVERY WORKBOOK

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 _____

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CONGRATULATIONS

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



HI, I'M *Jennifer*

AND I HAVE CREATED A SUCCESSFUL COMMUNITY OR TWO IN MY TIME

Hi, my name is Jennifer Henczel and I'm a Podcaster, Author, Encouragement Coach and Founder of the Women in Podcasting Network and Inspiring Innovators Club. My mission is to lift women's voices and stories globally. If we've met, then you probably know I'm known for my ability to build inspiring, supportive and collaborative communities. I love creating opportunities for women to connect and collaborate in meaningful ways.

What you might not know about me is that I've been coaching and creating courses online since the beginning of the internet. I have my Provincial Instructor's Diploma, which in my region, means I'm qualified in creating curriculum and instructing adults. I've been creating training and learning assets in the form of worksheets, workbooks, journals, guides, systems, frameworks, blueprints and roadmaps for along time. Now I help others build communities around their message.

Now, I want to share all that knowledge and expertise with you. So, I created this package to help you get started fast with tools, templates & trainings you can use in your life and business right away. **Let's get started!**