



WHO AM I JOURNAL

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INTRODUCTION

READY FOR REAL CHANGE?

Hey there, self-explorer. You've picked up this journal because you're not just skimming the surface of life. You're diving deep. You're after the real you—the person behind the roles, titles, and expectations.

WHY YOU NEED THIS JOURNAL

Let's be real: you're here because you're tired of going through the motions. You don't just want to know yourself; you want to understand yourself. And you're willing to ask the tough questions to get there.



INSIDE THESE PAGES

This is a guided journey through the most essential aspects of you. We've broken it down into seven impactful sections:

1. **Who I Think I Am:** Cut through the noise. Who are you when no one's looking?
2. **My Values:** Know your North Star. What really moves you?
3. **My Strengths and Weaknesses:** Get real about what you bring to the table—and what you don't.
4. **Moments That Made Me:** Unpack the experiences that shaped you.
5. **People Who Shaped Me:** Identify the heroes, mentors, and even villains in your story.
6. **How I Relate to Others:** Take a step back and explore your people skills and how you relate to others in your life.
7. **My Past, Present, and Future Selves:** Connect the dots and plan your next move.

HOW THIS WORKS

Each section has 15 deep-dive prompts and finishes with an action step. Because real change comes from both thinking and doing.



WHAT'S NEXT?

So, are you ready? Grab this journal like you're grabbing life: with both hands. Your future self will thank you.



SECTION

1

WHO I THINK I AM

This section lays the foundation for your journey. It's all about you—the words you use to describe yourself, the values you hold dear, and how you see your place in the world. Let's get started.

Describe yourself in three words.

What qualities do you admire in yourself?

What are three things you want to improve about yourself?

How do you handle stress or conflict?

What makes you happiest?

What are you most proud of?

What are you most fearful of?

What's your favorite way to relax and unwind?

What are three personal goals you have right now?

What are your favorite hobbies or activities?

What's something you always procrastinate on? Why?

How do you feel about change?

What's a skill you wish you had?


What's the most important lesson you've learned so far?

Describe your perfect day.



Action Step:

Take a look at the three things you want to improve about yourself (Prompt 3). Choose one. Now set a small, achievable goal related to that improvement. Write it down and make a plan to act on it this week.

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SECTION 2

MY VALUES

The core values you hold give shape to your life. They influence your decisions, actions, and even your relationships. This section aims to help you clearly identify those values and understand their impact on you.

List three values that are most important to you.

How do these values show up in your daily life?

Describe a time when you had to compromise on a value. How did it feel?

What are three values you admire in others?

How do your values influence your career or work?

How do your values impact your relationships?

Is there a value you wish you gave more importance to? Why?

Do your values align with your actions? Explain.

How have your values changed over time?

Describe a person who embodies your values. What can you learn from them?

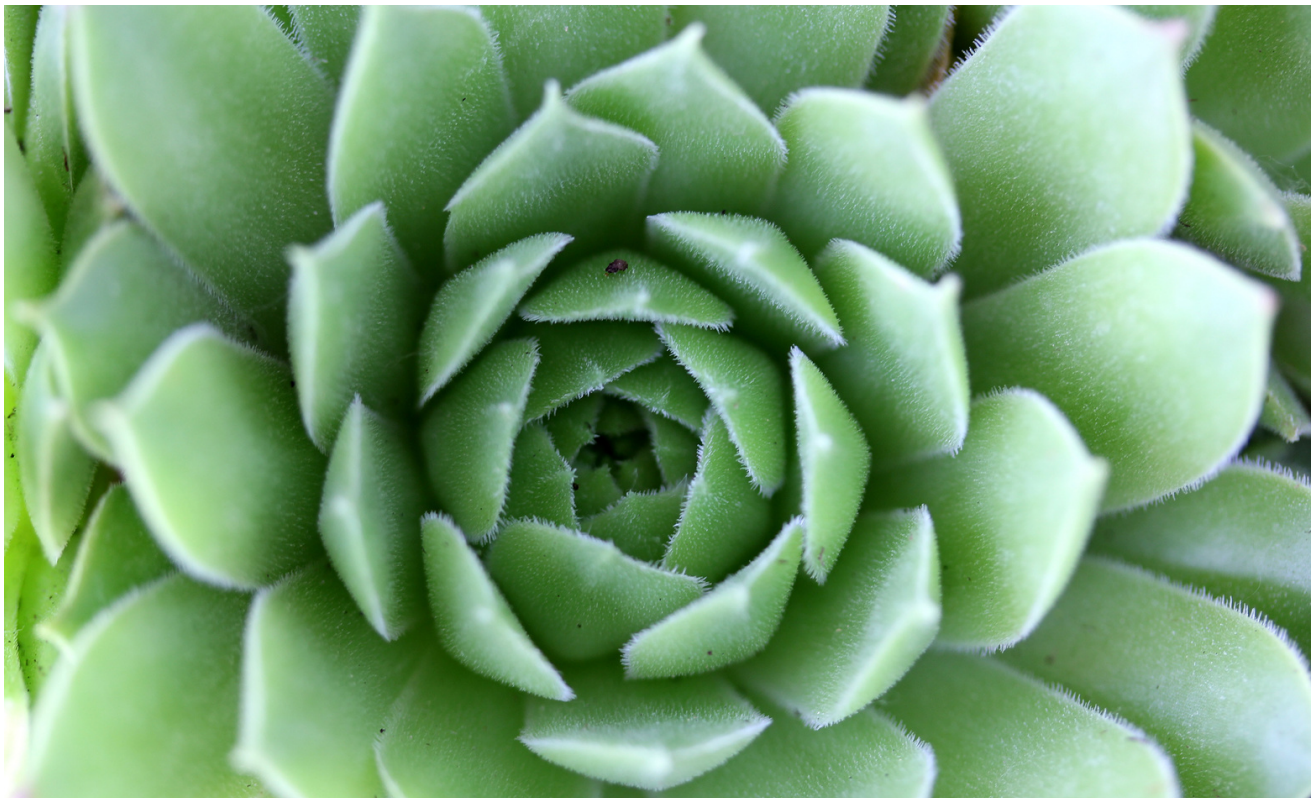
What's a value you struggle to uphold? Why?

How do you handle conflicts between your values and societal norms?

Is there a value you think is overrated? Why?

How do you want your values to shape your future?

What's a value that always stays the same, no matter what?



Action Step:

Look at the value you said you wish you gave more importance to (Prompt 7). Think of one concrete action you can take this week to honor that value more in your life. Write it down and commit to doing it.

A green square with rounded corners containing the word 'SECTION' written vertically in white capital letters to the left of a large white number '3'.

SECTION 3

MY STRENGTHS AND WEAKNESSES

Knowing your strengths and weaknesses isn't just useful for job interviews; it's fundamental for a fulfilling life. This section aims to help you identify what you excel at and where there's room for growth.

List three of your greatest strengths.

How have these strengths benefited you?

Describe a moment when you fully utilized your strengths.

List three areas you feel are weaknesses.

How have these weaknesses challenged you?

Do you see any of your weaknesses as strengths in disguise? Explain.

How do you work around your weaknesses?

Describe a time when a weakness became obvious to you.

Do people around you see the same strengths and weaknesses? Ask and note down their answers.

How do your strengths and weaknesses affect your relationships?

Is there a weakness you've turned into a strength? How?

How have your strengths and weaknesses evolved over time?

What strength do you wish you had more opportunity to use?

What weakness do you wish you could eliminate immediately?

How do your strengths and weaknesses align with your values?



Action Step:

Review the weakness you wish you could eliminate immediately (Prompt 14). Identify one step you can take this week to begin improving in this area. Write it down and make a commitment to work on it.

SECTION

4

MOMENTS THAT MADE ME

Life is a series of moments, but some of those moments have the power to change us in significant ways. This section aims to help you identify and understand those pivotal experiences in your life.

What is your earliest memory?

Describe a moment when you felt truly happy.

Was there a moment when you realized a harsh truth? What was it?

List a moment when you felt like a completely different person.

What was the most challenging moment in your life so far?

Describe a time when you felt immense pride.

Was there a moment that changed the way you think? What happened?

What is a moment that you regret?

Is there a moment that helped define your career or passion?

Describe a moment when you felt closest to your family or friends.

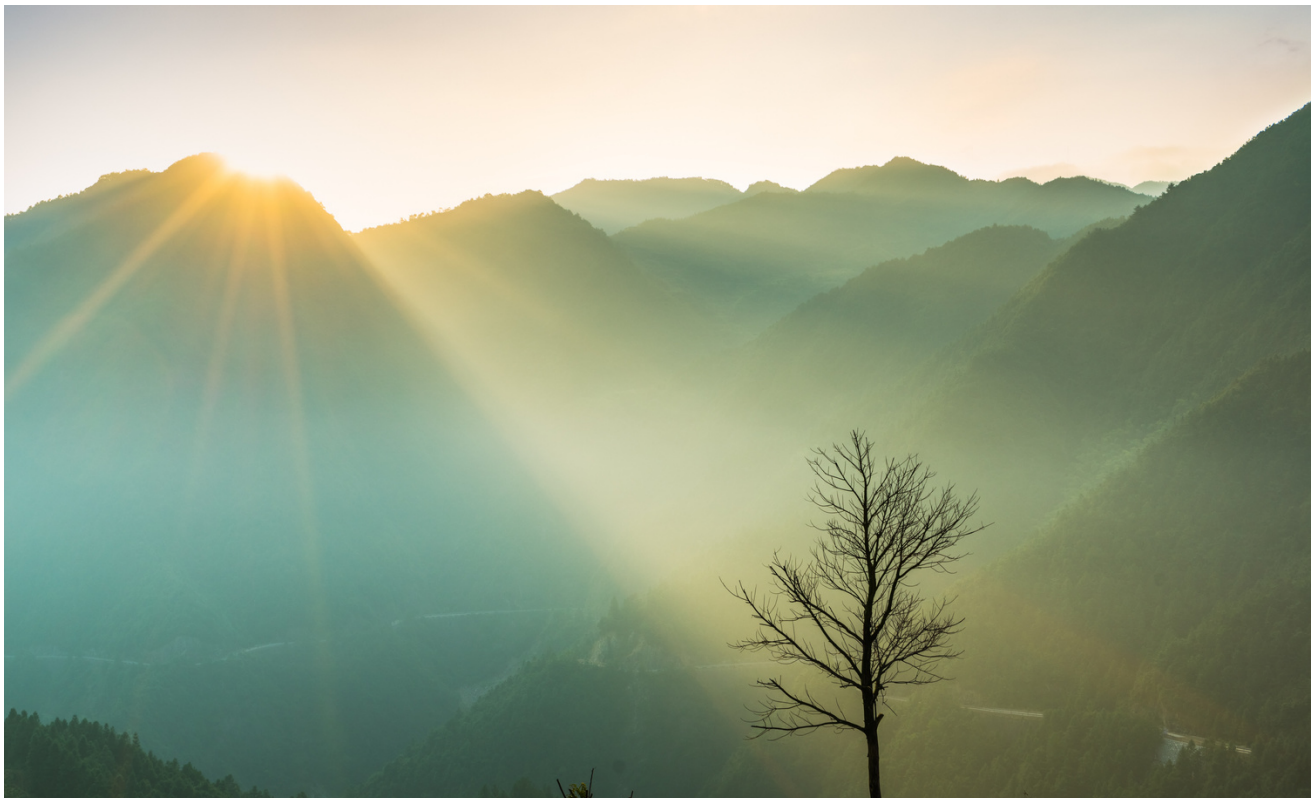
What was a moment that made you appreciate life more?

Is there a moment you wish you could relive? Why?

Describe a moment when you stood up for something or someone.

What is a moment that broke your heart?

Is there a moment that made you stronger? What happened?



Action Step:

Reflect on the moment you said made you appreciate life more (Prompt 11). Think about one way you can integrate that appreciation into your daily life. Write down that action and make it a point to include it in your routine this week.



SECTION
5

PEOPLE WHO SHAPED ME

No one becomes who they are in isolation. We're all shaped by the people around us—be it family, friends, mentors, or even those who challenge us. This section is dedicated to those individuals.

Who was your first role model and why?

Describe someone who has positively influenced your career or passions.

Who is the most supportive person in your life?

Is there someone you've never met but who has influenced you? How?

Who was your favorite teacher and why?

Describe a friend who has been there through thick and thin.

Is there someone who has challenged you and made you better?

Who in your family has had the biggest impact on you?

Describe someone who has helped you through a tough time.

Who makes you want to be a better person?

Have you had a mentor? What was the most valuable lesson they taught you?

Is there someone you've lost touch with but who was once important?

Who do you go to for advice?

Is there someone you wish you had thanked? What for?

Who would you consider your opposite and what have you learned from them?



Action Step:

Reflect on the person you wish you had thanked (Prompt 14). If possible, reach out to them this week to express your gratitude. If they are not reachable, write a thank-you letter to them anyway, as a form of acknowledgement to yourself.

SECTION

6

HOW I RELATE TO OTHERS

Relationships are a mirror, reflecting aspects of ourselves that we celebrate or want to improve. This section aims to delve into how you interact with the people around you—friends, family, colleagues, and even strangers.

How easy is it for you to make new friends? Why?

Describe your communication style. Are you direct, reserved, etc.?

How do you handle conflict in relationships?

What are your boundaries like? Are they strong or could they use work?

How do you show love and affection?

Are you more of a giver or a receiver? How does that show up in relationships?

Do you trust easily? Why or why not?

How do you handle criticism from others?

Do you feel you can be your true self around others? Explain.

What role do you usually take in a group setting? (Leader, follower, mediator, etc.)

How do you maintain your relationships?

Do you feel understood by the people around you?

What's something you wish people knew about you?

How do you deal with toxic or difficult people?

How important is social validation to you?



Action Step:

Think about your boundaries (Prompt 4). Identify one boundary you want to strengthen. Make a plan to communicate this boundary in a relationship where it's needed this week.



MY PAST, PRESENT, AND FUTURE SELVES

Understanding who we are involves looking at our past, present, and future selves. This section will help you explore the links and shifts between these different phases of your life.

Describe yourself five years ago. What were your goals and values?

How have you changed in the last year?

What traits have stayed the same throughout your life?

What's a mistake you've made that you've learned from?

What's something you used to worry about that no longer matters?

Describe what you think you'll be like five years from now.

What do you hope to achieve in the next year?

Are there any traits from your past self that you miss?

What do you consider your life's biggest turning points so far?

How do you feel about aging and growing older?

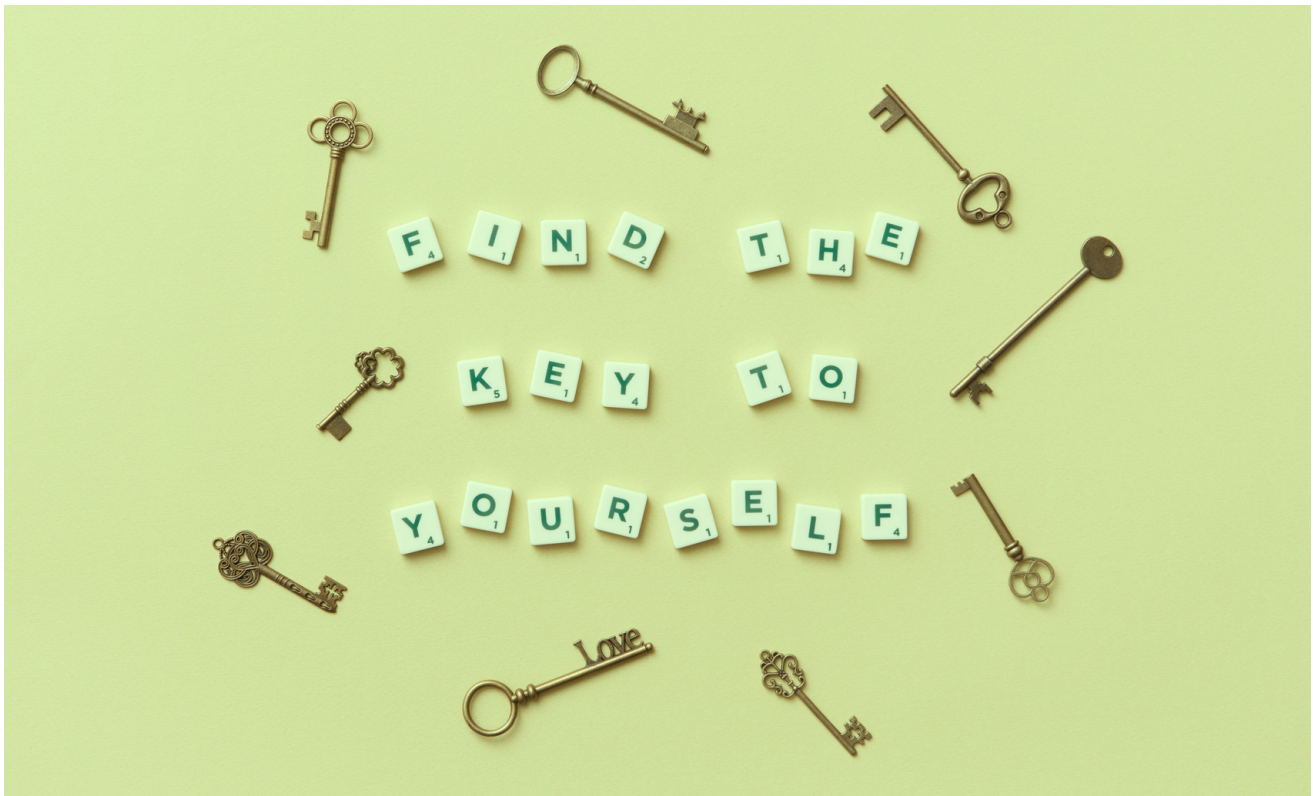
What are you most excited about for your future?

What are you most worried about for your future?

How do you plan to achieve your future goals?

What's a piece of advice you would give your past self?

What's something you wish your future self will remember?



Action Step:

Reflect on the goal you hope to achieve in the next year (Prompt 7). Break it down into smaller tasks and plan the first task for this week. Write it down and commit to starting it.



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