



# REIGNITING YOUR INNER RADIANCE

A 90-DAY JOURNEY  
OF SELF-REFLECTION  
AND REDISCOVERY

JENNIFER HENCZEL

[WWW.ELEVATING.BIZ](http://WWW.ELEVATING.BIZ)

# INTRODUCTION

Hello and welcome to "Igniting Your Inner Radiance." If you've picked up this journal, you may be craving or feeling pulled towards exploring what's next. It's about finding out how you can operate at your highest potential and live your fullest life. Or perhaps you're feeling uncertain, unclear or disconnected from yourself, and that's entirely okay. Taking the step to work through that feeling is brave. This 90-day journal is much more than a workbook; it's a guided process separated into three distinct 30-day sprints. Each sprint has a unique focus:



- **Rediscovering Your Core:** Dive deep into understanding the essence of who you are.
- **Vision Quest:** Define your dreams, desires, and the values that guide you.
- **Aligned Action:** Uncover ways to bring your newfound understanding into your daily life.

Through daily prompts, reflective activities, and a Self-Accountability Tracker, this journal is designed to guide you towards a deeper, more fulfilling understanding of yourself.

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# HOW TO USE THIS JOURNAL

Welcome to the next level in your self-exploration journey. This journal is a pathway designed to explore self-awareness and intentionality. Through daily practice, reflective prompts, and engaging activities, this journal is your companion in carving out a space for personal insight and growth. Each day is an invitation to deepen your understanding, charting a course towards your authentic & highest self.

<b>Consistent Time</b>	Schedule a daily 10-minute window for deep reflection and journaling to build a habit that sticks.
<b>Honesty</b>	Write your flow of thoughts to get the most personal insight from each prompt.
<b>Daily Prompts</b>	Answer each day's unique question to delve into that month's self-discovery theme.
<b>Activities</b>	Engage in recommended activities like nature walks to experience self-discovery beyond paper.
<b>3 Phases</b>	Progress through three focused 30-day sprints to deepen your self-knowledge systematically.
<b>Final Reflection</b>	Complete the wrap-up section to identify your growth areas and plan actionable next steps.
<b>Tracker</b>	Log daily progress in the Self-Accountability Tracker to keep track of emotional and cognitive shifts.

Ready to dive in? Take a deep breath, open the first page, and let the 90-day journey to rediscovering & igniting your inner radiance begin.



# REMEMBER:

This is your journey. Make it your own.

# OPTIONS:

Event if you don't like journaling, use the daily prompts to reflect deeply.

Share your journey with a partner or friend.

Listen to accompanying meditations, affirmations and reflective prompts in our Elevating Leaders Show and in our Elevating Leaders Network membership:  
[www.elevating.biz](http://www.elevating.biz)

# GO WITH THE FLOW

If you don't like a prompt, skip it. The important thing is to dive deep into self exploration. Rediscover and ignite your radiance, then boldly share it with the world.

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# REDISCOVER THE REAL YOU

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# REDISCOVER THE REAL YOU

This is your safe space to question, challenge, reflect and finally reconnect with who you really are, deep down, beyond all the labels and expectations.

What does being your 'authentic self' mean to you?

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# REDISCOVER THE REAL YOU

If you could describe your true essence in one sentence, what would it be?

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# REDISCOVER THE REAL YOU

List five things that bring you genuine joy.

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# REDISCOVER THE REAL YOU

What do you want most in life, but haven't told anyone yet?

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# REDISCOVER THE REAL YOU

What are you most proud of about yourself, but don't often show or talk about?

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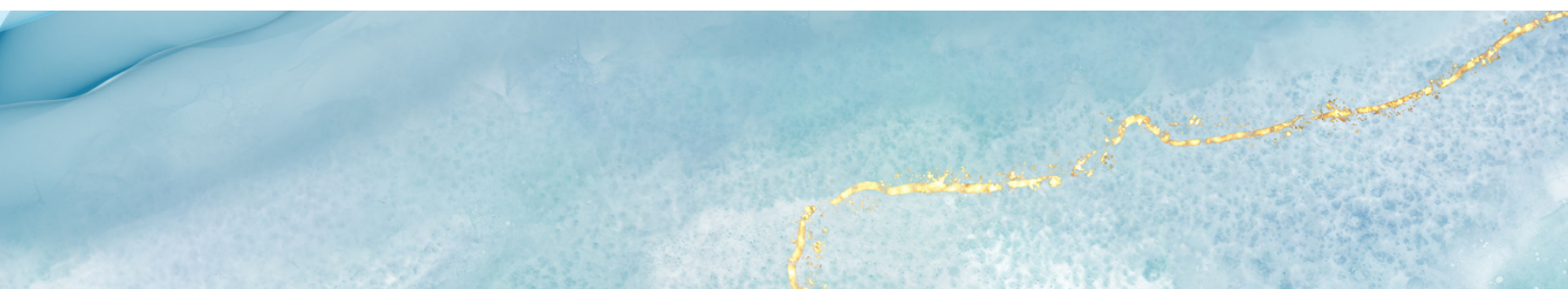
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# REDISCOVER THE REAL YOU

What societal, familial or career expectations do you feel pressure from?

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# REDISCOVER THE REAL YOU

What are three words you would use to describe yourself as a child?  
How have you changed?

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# REDISCOVER THE REAL YOU

What beliefs or ideologies have you outgrown but still hold onto?

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# REDISCOVER THE REAL YOU

Are there any roles you play that feel inauthentic?  
Why do you think you maintain them?

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# REDISCOVER THE REAL YOU

Do you feel more like yourself when you're alone or with others? Why?

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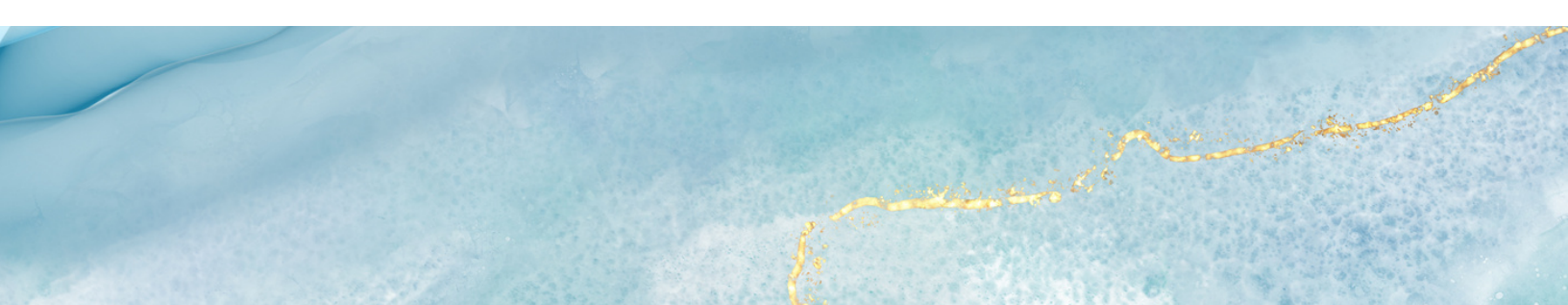
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# REDISCOVER THE REAL YOU

What part of your life feels the most disconnected from who you truly are?

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# REDISCOVER THE REAL YOU

What would you tell your younger self about being authentic?

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# REDISCOVER THE REAL YOU

What's a piece of advice you often give but find hard to follow yourself?

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# REDISCOVER THE REAL YOU

What do you admire most about yourself?

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# REDISCOVER THE REAL YOU

What activities, personal traditions or rituals help you connect with your authentic self?

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# REDISCOVER THE REAL YOU

If you were a character in a book, how would the author describe you?

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# REDISCOVER THE REAL YOU

What makes you unique and sets you apart from others?

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# REDISCOVER THE REAL YOU

Describe an experience where you felt truly authentic and aligned with your inner self.

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# REDISCOVER THE REAL YOU

What parts of yourself have you rediscovered lately?

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# REDISCOVER THE REAL YOU

What masks do you wear to fit in? How do they make you feel?

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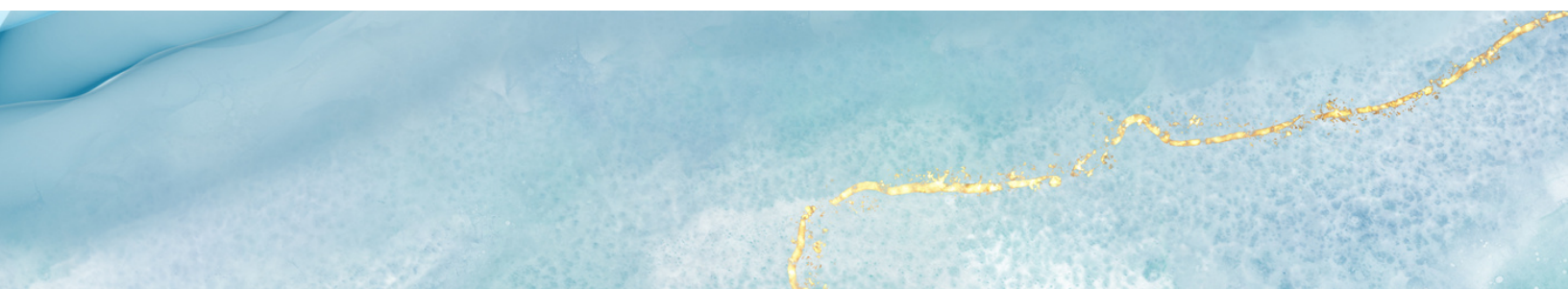
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# REDISCOVER THE REAL YOU

Are there certain people who bring out the most authentic version of you?  
Who are they and why?

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# REDISCOVER THE REAL YOU

What would you do with your life if you knew you could not fail?

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# REDISCOVER THE REAL YOU

If you could change one thing about your life right now that would make you feel more 'you,' what would it be?

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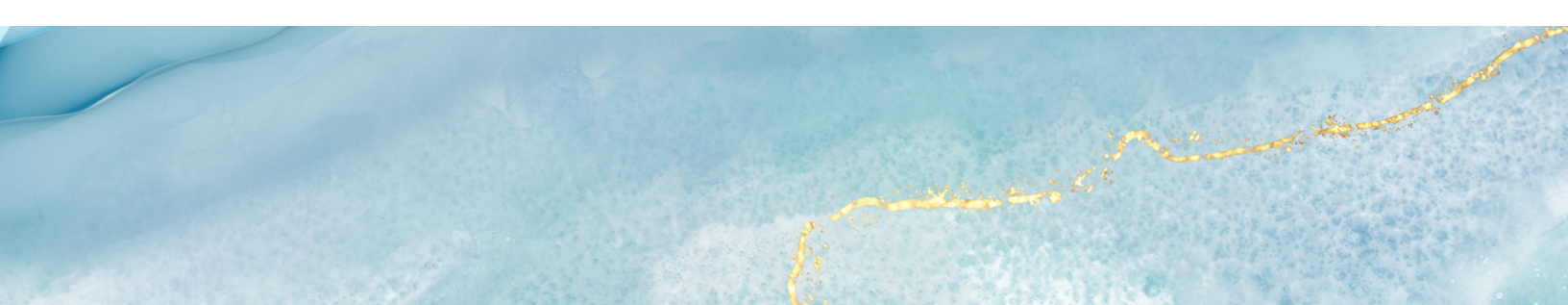
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# REDISCOVER THE REAL YOU

What aspects of yourself do you want to share with the world?

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# REDISCOVER THE REAL YOU

Write a letter to yourself about the importance of being true to who you are.  
What commitments to authenticity can you make moving forward?

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A woman with long brown hair is shown from the chest up, sitting in a meditative pose. She is wearing a light-colored, textured, off-the-shoulder top. Her hands are resting on her lap, with her fingers slightly spread. She is wearing several rings on her fingers and a necklace with a red pendant. The background is a soft, out-of-focus outdoor setting with warm, golden light. A light blue rounded rectangle is overlaid on the image, containing the text.

# UNLOCK YOUR INNER WORLD

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# UNLOCK YOUR INNER WORLD

Dive deep into your soul and explore your deepest desires, hidden talents, and cherished dreams. This is where you give yourself permission to dream big and aim high.

What are your wildest dreams? List them without holding back.

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# UNLOCK YOUR INNER WORLD

When you close your eyes and envision your most fulfilled self, what do you see?

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# UNLOCK YOUR INNER WORLD

What talents or skills do you have that you haven't fully explored?

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# UNLOCK YOUR INNER WORLD

What would you do every day if you didn't have to worry about money or time?

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# UNLOCK YOUR INNER WORLD

What questions do you often find yourself asking?  
What do they reveal about your inner world?

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# UNLOCK YOUR INNER WORLD

Describe a time when you felt extremely passionate about something.  
What enabled that passion?

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# UNLOCK YOUR INNER WORLD

What are your most important core values?

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# UNLOCK YOUR INNER WORLD

What does your ideal day look like, from morning to night?

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# UNLOCK YOUR INNER WORLD

What brings you a sense of peace?

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# UNLOCK YOUR INNER WORLD

What do you consider your greatest achievement so far, and why?

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# UNLOCK YOUR INNER WORLD

What's a quote, saying, or piece of wisdom that resonates deeply with you?

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# UNLOCK YOUR INNER WORLD

What are the three most important life lessons you've learned so far?

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# UNLOCK YOUR INNER WORLD

What parts of yourself are you most eager to explore further?

Lined writing area with 15 horizontal lines for text entry.



# UNLOCK YOUR INNER WORLD

Who are the people that inspire you the most?  
What qualities do they have that you admire?

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# UNLOCK YOUR INNER WORLD

What does it mean to live a fulfilling life?

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# UNLOCK YOUR INNER WORLD

What are some personal rules or guidelines you live by?

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# UNLOCK YOUR INNER WORLD

What activities make you lose track of time?

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# UNLOCK YOUR INNER WORLD

What parts of your life do you feel are already in alignment with your inner self?

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# UNLOCK YOUR INNER WORLD

What are some life goals you want to achieve?

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# UNLOCK YOUR INNER WORLD

How do you want to be remembered?

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# UNLOCK YOUR INNER WORLD

What's something you've always wanted to try but haven't yet?  
What's holding you back?

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# UNLOCK YOUR INNER WORLD

What does 'success' mean to you?

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# UNLOCK YOUR INNER WORLD

Describe what 'inner freedom' means to you.

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# UNLOCK YOUR INNER WORLD

Write a mission statement for your life based on what you've discovered about your inner world.

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A close-up photograph of a woman's hands holding a stream of gold glitter. The background is a soft, out-of-focus sunset or sunrise over a body of water. The woman is wearing several silver bangles on her left wrist and a ring on her left hand. The overall mood is serene and inspirational.

# LIVE YOUR TRUTH

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# LIVE YOUR TRUTH

Now that you know yourself better, it's time to take meaningful action that's in line with your personal values and aspirations because there's no better time than now to live the life you've always envisioned.

What is one small step you can take today to live more authentically?

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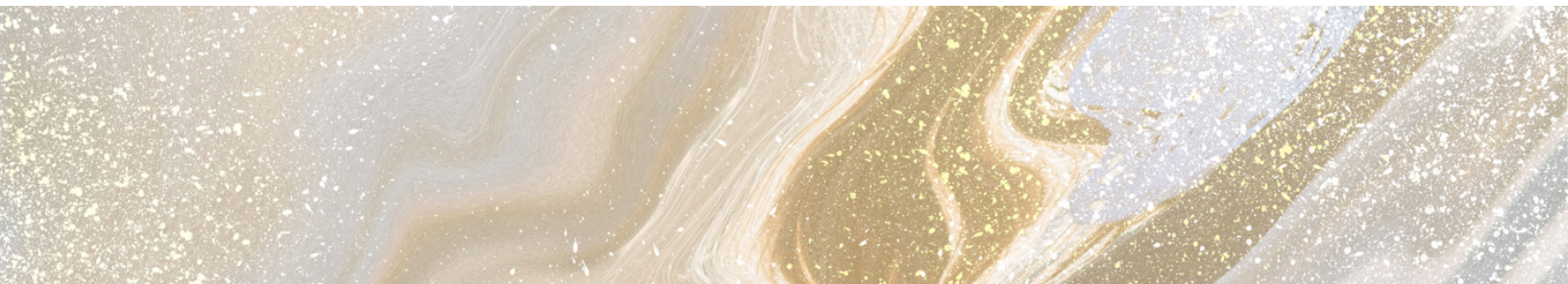
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# LIVE YOUR TRUTH

What would a perfect day of living your truth look like?

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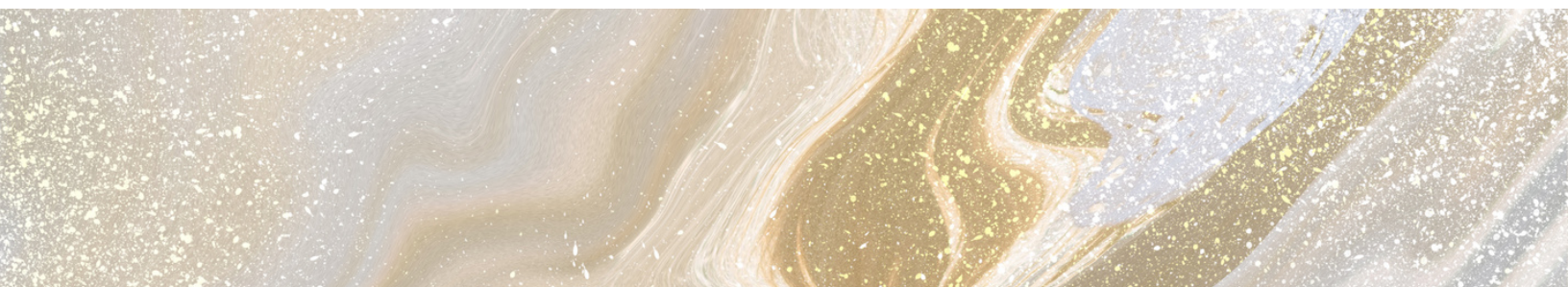
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# LIVE YOUR TRUTH

How do your daily actions align, or not align, with your core values?

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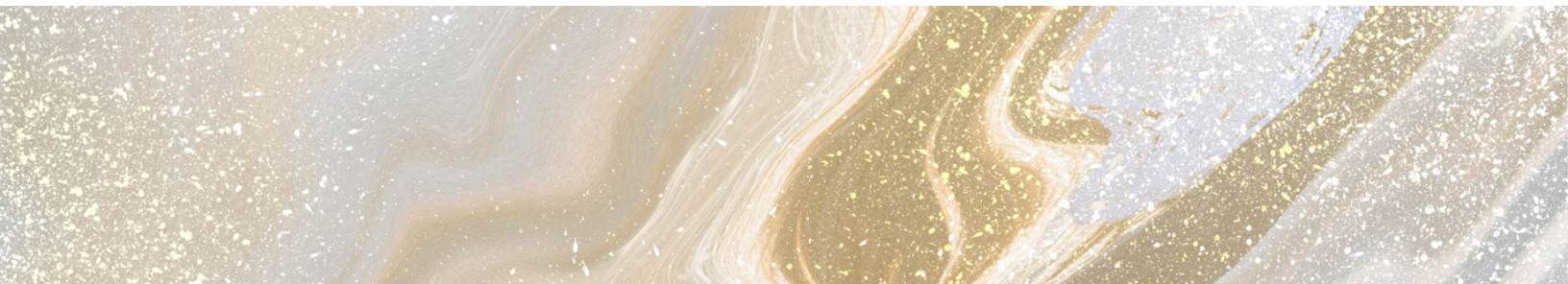
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# LIVE YOUR TRUTH

How would your daily routine change if it were aligned with your true self?

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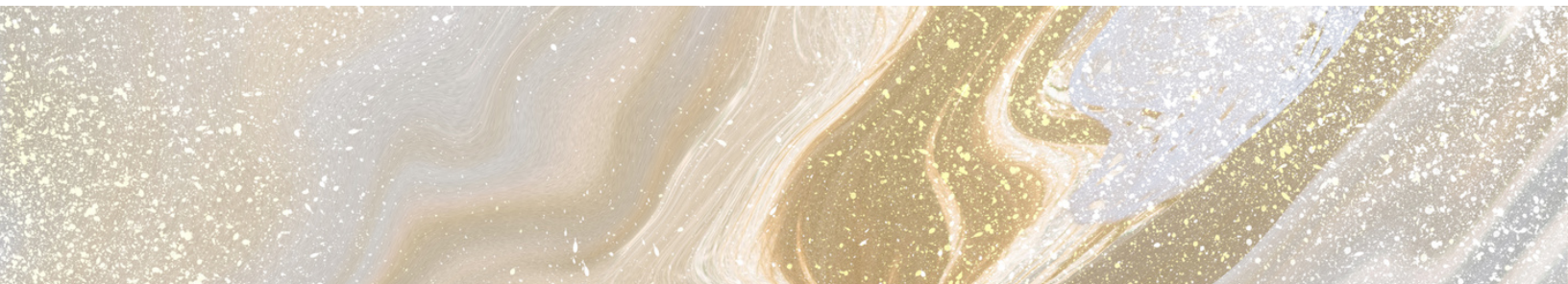
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# SELF ACCOUNTABILITY

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# INTRODUCTION

In addition to the daily journaling prompts, this Self-Accountability Section serves as a dedicated space for reflection and action planning. While journaling helps you articulate your thoughts and feelings, this tracker will enable you to extract actionable insights and observe your evolving state of mind over the 90 days. Think of it as a feedback mechanism for your self-discovery journey, one that holds you accountable and amplifies your personal growth.

## GUIDE TO DAILY REFLECTION META-QUESTIONS

- **Emotional State While Journaling:** Were you at ease or did you feel a struggle while answering today's prompt? This could give you clues about your emotional triggers or comfort zones.
- **Areas Needing Deeper Exploration:** Did any part of today's journaling make you think, "I need to delve deeper into this"? Identify those elements here.
- **Lessons or Insights:** What revelations or "aha" moments arose from today's prompt? This could be anything from recognizing a pattern in your life to a newfound understanding of your values.
- **Steps for Aligned Daily Actions:** Given your insights, are there specific steps you can take today to better align your actions with your true self?

# MONTHLY PROMPTS

Use this table as an opportunity to check-in on your progress. Document your experiences and plan your next steps. It's designed to help you maximize the value you get out of your 90-day self-discovery journey.

DAY	PROMPT COMPLETED (YES/NO)	EMOTIONAL STATE WHILE JOURNALING	AREAS NEEDING DEEPER EXPLORATION	LESSONS OR INSIGHTS	STEPS FOR ALIGNED DAILY ACTIONS

DAY	PROMPT COMPLETED (YES/NO)	EMOTIONAL STATE WHILE JOURNALING	AREAS NEEDING DEEPER EXPLORATION	LESSONS OR INSIGHTS	STEPS FOR ALIGNED DAILY ACTIONS

# CREATE YOUR BUCKET LIST

ARTICULATE YOUR DREAMS TO ILLUMINATE YOUR DESIRES AND DIRECTIONS

## OBJECTIVE

To compile a list of experiences, places, or achievements you want to accomplish in your lifetime as a way to gain clarity on what truly matters to you and what directions you might wish to take in your life.

## MATERIALS NEEDED

- Notebook and pen
- Colored markers or highlighters (optional for categorizing or prioritizing)

## TIME REQUIRED

1-2 hours (initial list), ongoing additions are encouraged

## INSTRUCTIONS

- **Set the Mood:** Choose a comfortable space free from distractions, perhaps even light a candle or play soft background music to inspire you.
- **Freewriting:** Initially, don't limit yourself. Write down anything and everything you've ever wanted to do, no matter how big or small, practical or fantastical.
- **Categorize:** Once your initial list is complete, consider grouping items into categories like travel, career, personal growth, etc.
- **Prioritize:** Take a moment to highlight or star the items that resonate with you the most at this moment in your life.
- **Reflect:** Look over your prioritized list. Do you notice any themes or patterns that can tell you more about your current interests or long-term goals?
- **Optional Journaling:** In a notebook, jot down any revelations, concerns, or excitement you may have about the items on your list.

## TIPS FOR SUCCESS

- Don't rush this activity; allow your thoughts to unfold naturally.
- Your bucket list isn't set in stone; it's a dynamic tool that you can revisit and revise.
- Use the list as a motivational tool. Whenever you're feeling lost or disconnected, revisit your bucket list for inspiration.

## REFLECTION QUESTIONS

- Were there any surprises on your bucket list?
- Did the act of creating a bucket list make your desires feel more attainable or overwhelming?
- How did it feel to prioritize certain items? Did it give you a clearer sense of direction?

Creating a bucket list can be a dynamic and enlightening way to articulate your dreams and aspirations. It can serve both as a motivational tool and as a mirror reflecting what excites you, what you value, and where you might want to go in your life journey.



# SOLO NATURE WALK

ENGAGE WITH NATURE TO RECONNECT WITH YOUR TRUE SELF

## OBJECTIVE

To immerse yourself in a natural environment as a means to clear your mind, get in touch with your senses, and create space for self-reflection and reconnection.

## MATERIALS NEEDED

- Comfortable walking shoes
- Water bottle
- Notebook and pen (optional for journaling)

## TIME REQUIRED

1-2 hours

## INSTRUCTIONS

- **Choose a Location:** Select a nature spot that's safe but also somewhat removed from the distractions of everyday life. This could be a local park, a forest trail, or a beach.
- **Go Alone:** This is a solitary activity. The purpose is to minimize distractions and external influences so that you can engage more deeply with yourself.
- **Leave Tech Behind:** Try to go without your phone, or if you need it for safety, keep it on silent and tucked away.
- **Walk Mindfully:** As you walk, try to engage all your senses. What do you hear, see, smell, feel? Mindfulness heightens awareness and makes the walk a form of moving meditation.
- **Pause and Reflect:** If a particular spot grabs your attention, pause for a moment. Reflect on what drew you to that spot. Is it a mirror to something in your life right now?
- **Optional Journaling:** If you've brought along a notebook, you may want to jot down thoughts, sketches, or observations that felt significant during the walk.

## TIPS FOR SUCCESS

- This isn't a fitness walk; it's an emotional and mental journey. Take your time.
- Don't set any expectations. The purpose is to let the walk unfold naturally, leading you toward self-discovery.

## REFLECTION QUESTIONS

- Did any particular sight, smell, or sound trigger specific memories or emotions?
- What thoughts or feelings emerged during your time alone in nature?
- Did you make any surprising discoveries about your current state of mind?

Use this solo nature walk as a stepping stone in your self-discovery journey, allowing yourself the freedom to explore and reconnect with your inner world.



# COOK YOUR FAVORITE MEAL

SAVOR THE EXPERIENCE OF RECONNECTING WITH YOUR SENSES AND SELF

## OBJECTIVE

To engage in the fulfilling process of cooking your favorite meal from scratch, as a way to reconnect with the joy, comfort, and sensory pleasure it brings you.

## MATERIALS NEEDED

- Ingredients for your chosen meal
- Cooking utensils
- Recipe (if needed)
- Notebook and pen (optional for jotting down reflections)

## TIME REQUIRED

2-4 hours, depending on the complexity of the meal

## INSTRUCTIONS

- **Select Your Meal:** Choose a dish that brings you joy and comfort. It could be a childhood favorite, a festive meal, or something you've always wanted to cook.
- **Prepare:** Make a list of ingredients and tools you'll need, then go shopping. Enjoy the selection process as part of the experience.
- **Set the Scene:** Before you begin cooking, create a pleasant cooking environment. Maybe play some background music or open a window for fresh air.
- **Cook Mindfully:** As you cook, be fully present in each step. Whether you're chopping, stirring, or tasting, be aware of each action and sensation.
- **Savor the Meal:** Once your meal is ready, take the time to sit down and savor it. Engage your senses: observe the colors, smell the aromas, and taste each bite mindfully.
- **Optional Reflection:** If you have a notebook, jot down what you experienced during the cooking process—thoughts, feelings, and sensory impressions.

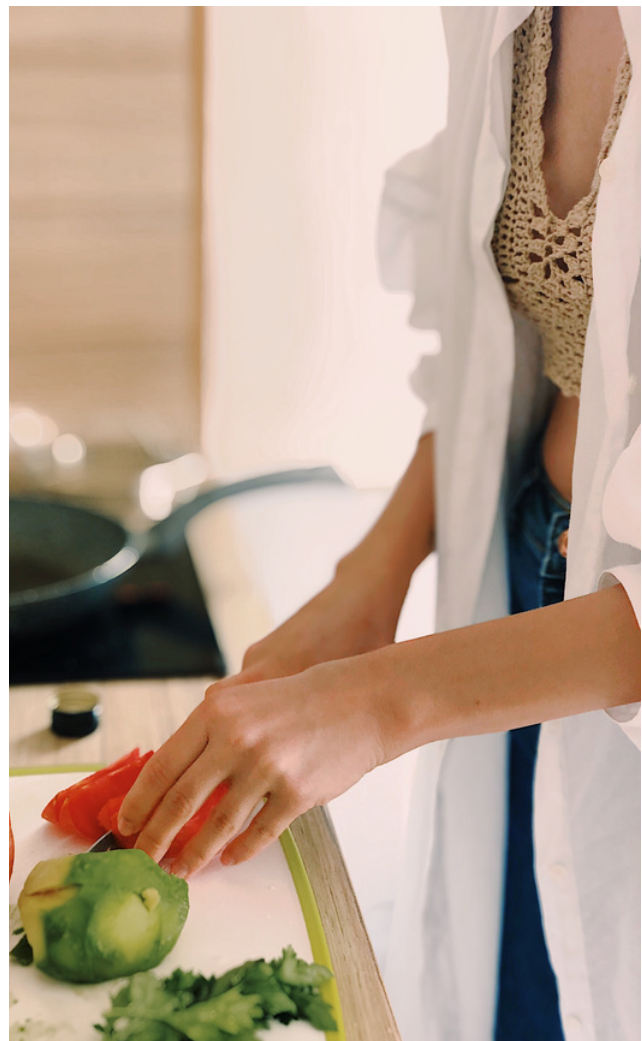
## TIPS FOR SUCCESS

- Don't rush through the cooking; enjoy the journey as much as the destination.
- If something doesn't go as planned, it's okay. Part of self-discovery is embracing imperfections.

## REFLECTION QUESTIONS

- What emotions or memories did this particular meal evoke?
- Did you experience any "aha" moments about your likes or dislikes during the cooking process?
- How did the act of cooking make you feel—stressed, relaxed, joyful?

Indulging in the comfort of your favorite meal, cooked by yourself, can be a deeply fulfilling and revelatory experience. Use this activity to explore and celebrate the joys that are unique to you.



# DECLUTTER YOUR SPACE

CREATE ROOM FOR CLARITY AND FRESH PERSPECTIVES

## OBJECTIVE

To consciously declutter a specific area in your living space as a means of creating a physical and mental environment that supports clarity, focus, and self-renewal.

## MATERIALS NEEDED

- Trash bags or boxes for items to donate or discard
- Cleaning supplies
- Notebook and pen (optional for jotting down reflections)

## TIME REQUIRED

2-5 hours, depending on the area and the amount of clutter

## INSTRUCTIONS

- **Select the Area:** Choose a specific area to declutter—this could be a room, a drawer, or even a digital space like your email inbox.
- **Assessment:** Take a few minutes to sit in the chosen area and observe how it makes you feel. Does it align with how you want to feel in your living space?
- **Sort Items:** Sort the items into categories: Keep, Discard, Donate. Try to be ruthless; if you haven't used it in the past year and it doesn't bring you joy, it's probably clutter.
- **Clean:** Once you've sorted the items, clean the empty space thoroughly before putting back the items you've decided to keep.
- **Reflect:** As you're decluttering, pay attention to what thoughts and emotions come up. Is it hard to let go of certain things? Why?
- **Optional Reflection:** Use a notebook to jot down any observations or thoughts that came up during the process. Did letting go of physical items trigger any insights into other areas of your life that could use decluttering?

## TIPS FOR SUCCESS

- Be patient with yourself; decluttering can be emotionally taxing.
- Don't aim for perfection, aim for improvement.
- If you're struggling with letting something go, ask yourself how it serves you in your present and future, not just your past.

## REFLECTION QUESTIONS

- What thoughts or emotions surfaced during the decluttering process?
- Were there any items that you had a particularly strong emotional reaction to, whether positive or negative?
- Do you feel any different in the decluttered space compared to before?

Through decluttering, you're not just tidying up a physical space; you're also making room in your mental landscape for new opportunities and insights. Use this exercise as a metaphor for larger life changes and as a stepping stone for further self-discovery.



# CLOSE RELATIONSHIP AUDIT

EXAMINE AND CELEBRATE THE BONDS THAT SHAPE YOU

## OBJECTIVE

To critically evaluate the quality and impact of your close relationships, allowing you to appreciate the positive influences in your life and consider adjustments where needed.

## MATERIALS NEEDED

- Notebook and pen
- Quiet, undistracted environment

## TIME REQUIRED

1-3 hours

## INSTRUCTIONS

- **Create a List:** Write down the names of the people you consider to be in your close circle. This could be family, friends, or even coworkers with whom you have a strong bond.
- **Rate the Relationship:** On a scale of 1-10, rate each relationship based on how supported, valued, and understood you feel.
- **Strengths and Weaknesses:** For each person, list at least one strength and one weakness of your relationship with them. Be as honest as you can.
- **Reflect on Reciprocity:** Consider whether each relationship feels balanced in terms of giving and receiving support, love, and attention.
- **Emotional Inventory:** Take note of how each relationship affects your emotional state. Does it uplift you? Drain you?
- **Optional Journaling:** Use your notebook to jot down any deeper insights or revelations you have about these relationships and what they reveal about you.

## TIPS FOR SUCCESS

- Be as honest as you can; this is for your eyes only.
- This is a snapshot in time; relationships evolve, and it's okay to revisit this audit periodically.
- You're auditing the relationship, not the individual. Keep the focus on how the relationship serves or doesn't serve you.

## REFLECTION QUESTIONS

- Were there any relationships that scored lower than you initially thought? What might this tell you?
- Did any relationship stand out as being particularly nurturing or draining?
- Are there patterns in the types of relationships you maintain, and what do they reveal about you?

The Close Relationship Audit is designed to give you a clearer understanding of how your social circle impacts your emotional wellbeing. The goal is not to sever ties but to gain a nuanced understanding of your relationships so you can navigate them more effectively and authentically.



# CELEBRATE THE WINS

## CELEBRATING AS A REGULAR SELF-CARE PRACTICE

### OBJECTIVE

To identify and celebrate even the small wins, allowing you to acknowledge your positive motion forward and empowering you for the next step towards your dreams.

### MATERIALS NEEDED

- Your favorite place or space.
- A beverage or meal.
- Friends optional.

### TIME REQUIRED

1-3 hours

### INSTRUCTIONS

- Reflect on a specific achievement, no matter how minor, that brought you a sense of accomplishment.
- Explore the strategies and resilience you employed to navigate challenges, no matter how small.
- Celebrate the acquisition of new skills or knowledge, even if they seem small. Every step counts!
- Reflect on any positive changes you've made to your daily routines or processes.
- Take a moment to appreciate any compliments or recognition you received, even if they were small gestures.
- Consider personal or professional areas where you've noticed growth or improvement.
- Acknowledge any progress, no matter how incremental, toward your bigger goals.
- Reflect on instances where you pushed through procrastination or hesitation to accomplish a task.

### TIPS FOR SUCCESS

- Reflect on instances where you bounced back from setbacks, showcasing your resilience.
- Recognize any new habits or rituals that contribute to your well-being or productivity.
- Celebrate your contributions to a group or community, highlighting the positive impact you've made.
- Acknowledge the achievements of those around you and how you've supported them.

### REFLECTION QUESTIONS

- What small accomplishment made you feel proud recently?
- How did you overcome a recent challenge or obstacle?
- What new skill or knowledge did you acquire recently?
- In what ways have you improved a process or routine lately?
- Did you receive positive feedback or recognition recently?
- How have you demonstrated growth in a specific area of your life?
- What small step did you take towards a larger goal?
- Did you overcome procrastination or hesitation in a particular task?



**Remember, celebrating small wins is not only about the outcome but also about recognizing the effort and progress made along the way. Enjoy the journey!**



# WRAPPING UP YOUR 90-DAY SELF-DISCOVERY JOURNEY

REFLECT, CELEBRATE, AND  
SET YOUR COURSE

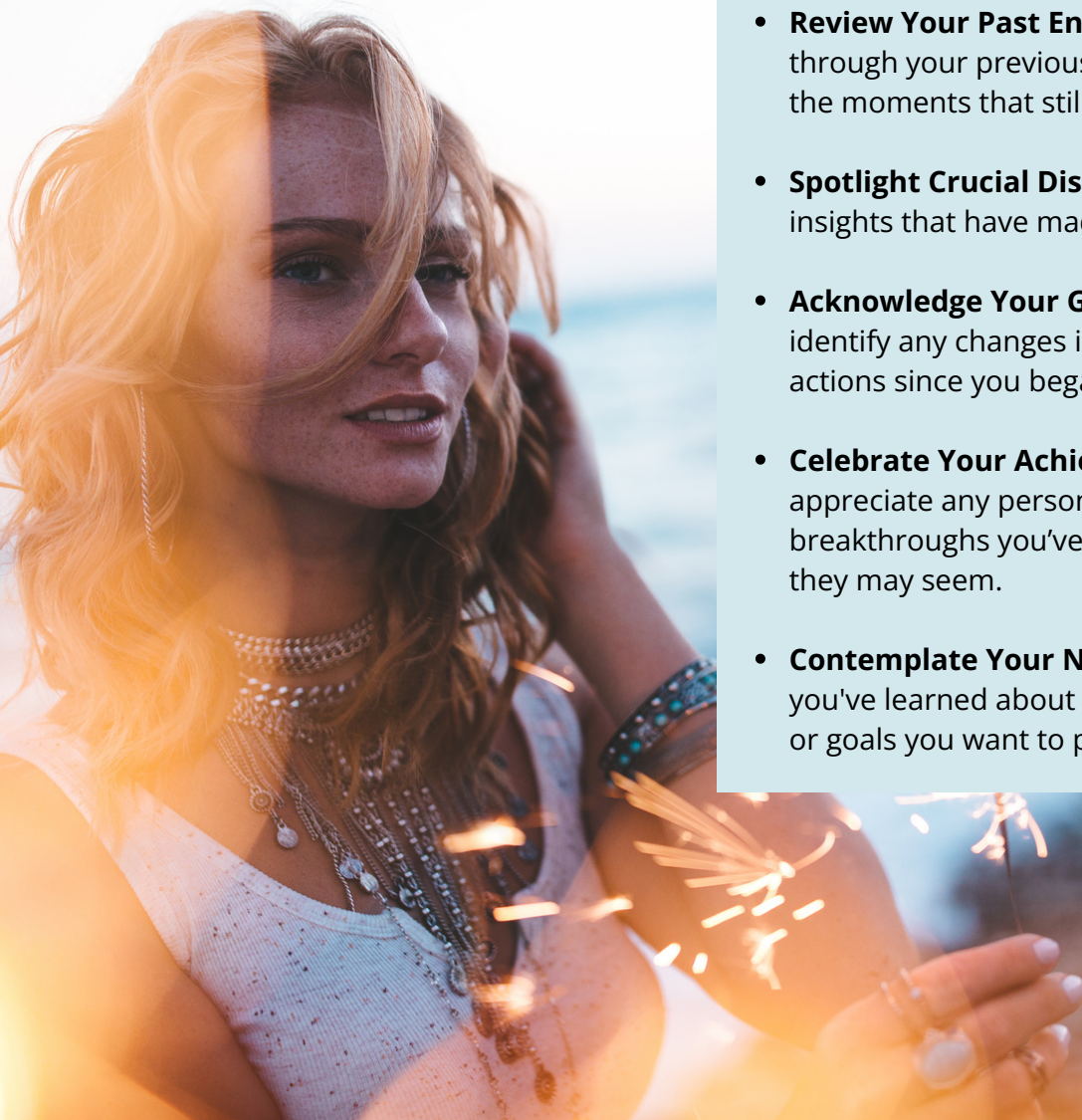
REIGNITING YOUR INNER RADIANCE | JENNIFER HENCZEL | ELEVATING.CLUB

# WRAPPING UP YOUR 90-DAY SELF-DISCOVERY JOURNEY

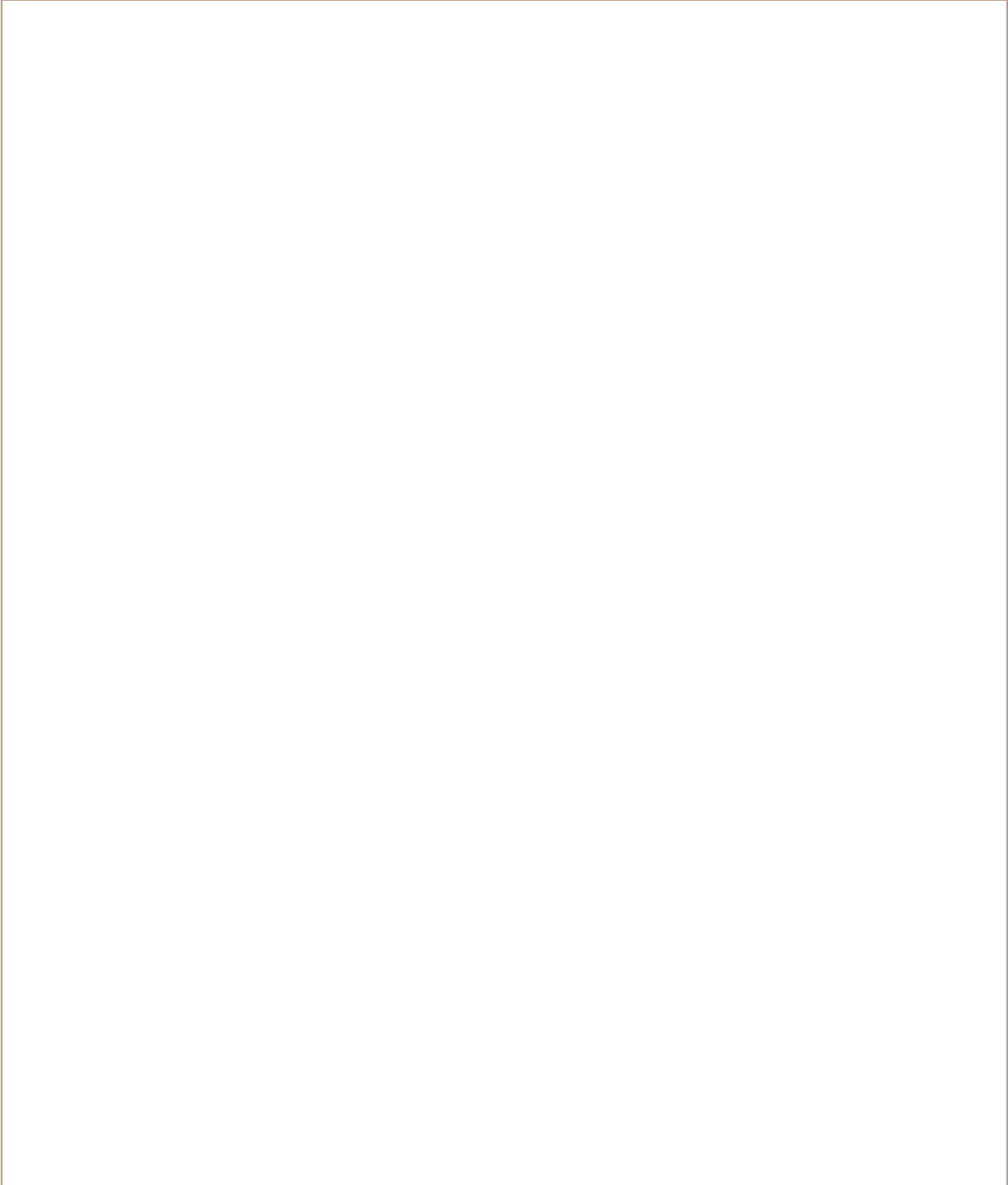
This concluding section is your opportunity to pause and reflect. It's a time to celebrate the growth you've experienced, acknowledge your discoveries, and think about your next steps on this lifelong journey of getting to know yourself better.

## INSTRUCTIONS:

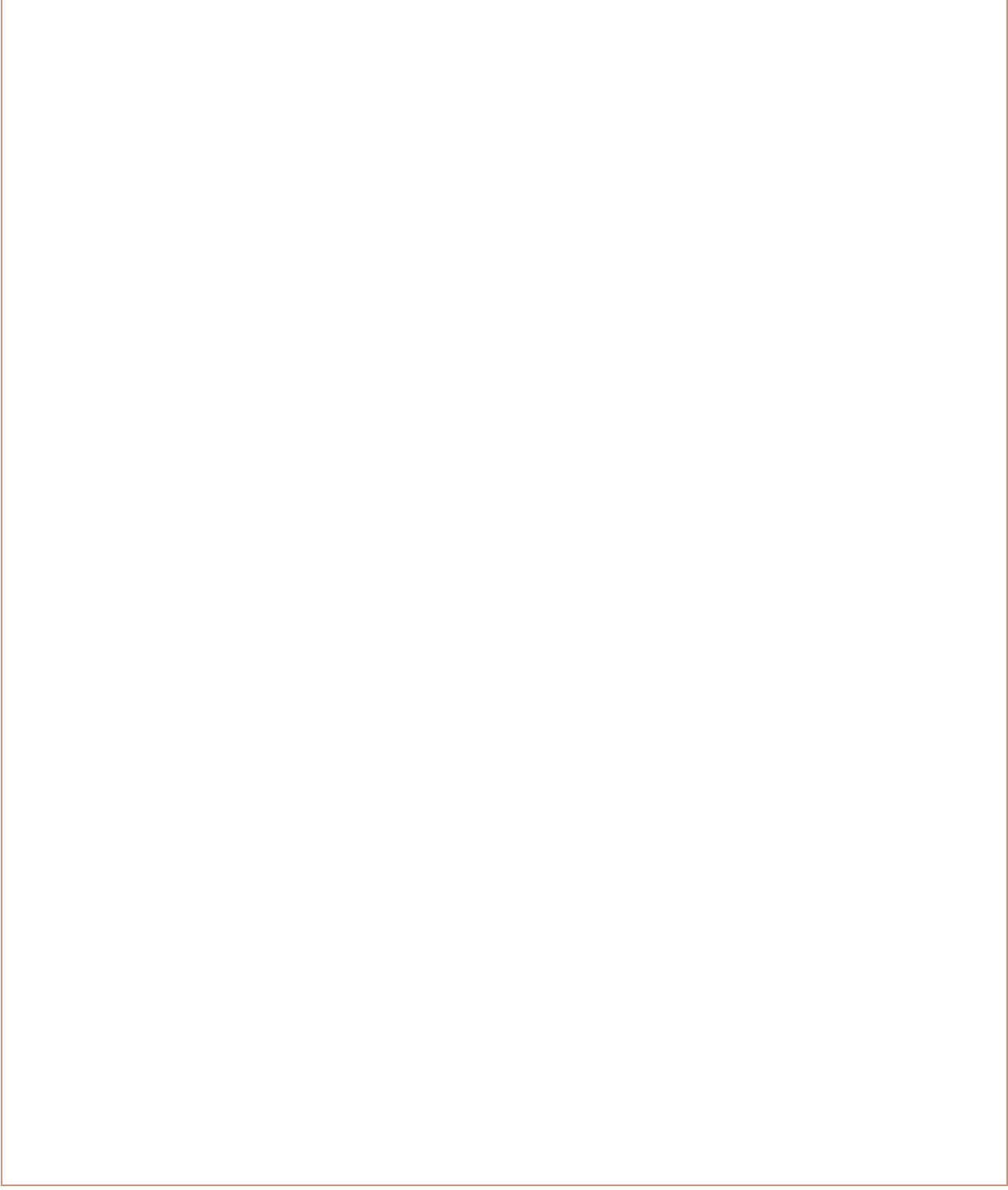
- **Review Your Past Entries:** Spend some time going through your previous journal pages. Take note of the moments that still resonate with you.
- **Spotlight Crucial Discoveries:** Mark or jot down 3-5 insights that have made a significant impact on you.
- **Acknowledge Your Growth:** Take a moment to identify any changes in your feelings, thoughts, or actions since you began this process.
- **Celebrate Your Achievements:** Take time to appreciate any personal milestones or breakthroughs you've reached, no matter how small they may seem.
- **Contemplate Your Next Steps:** Based on what you've learned about yourself, what are 2-3 actions or goals you want to pursue moving forward?



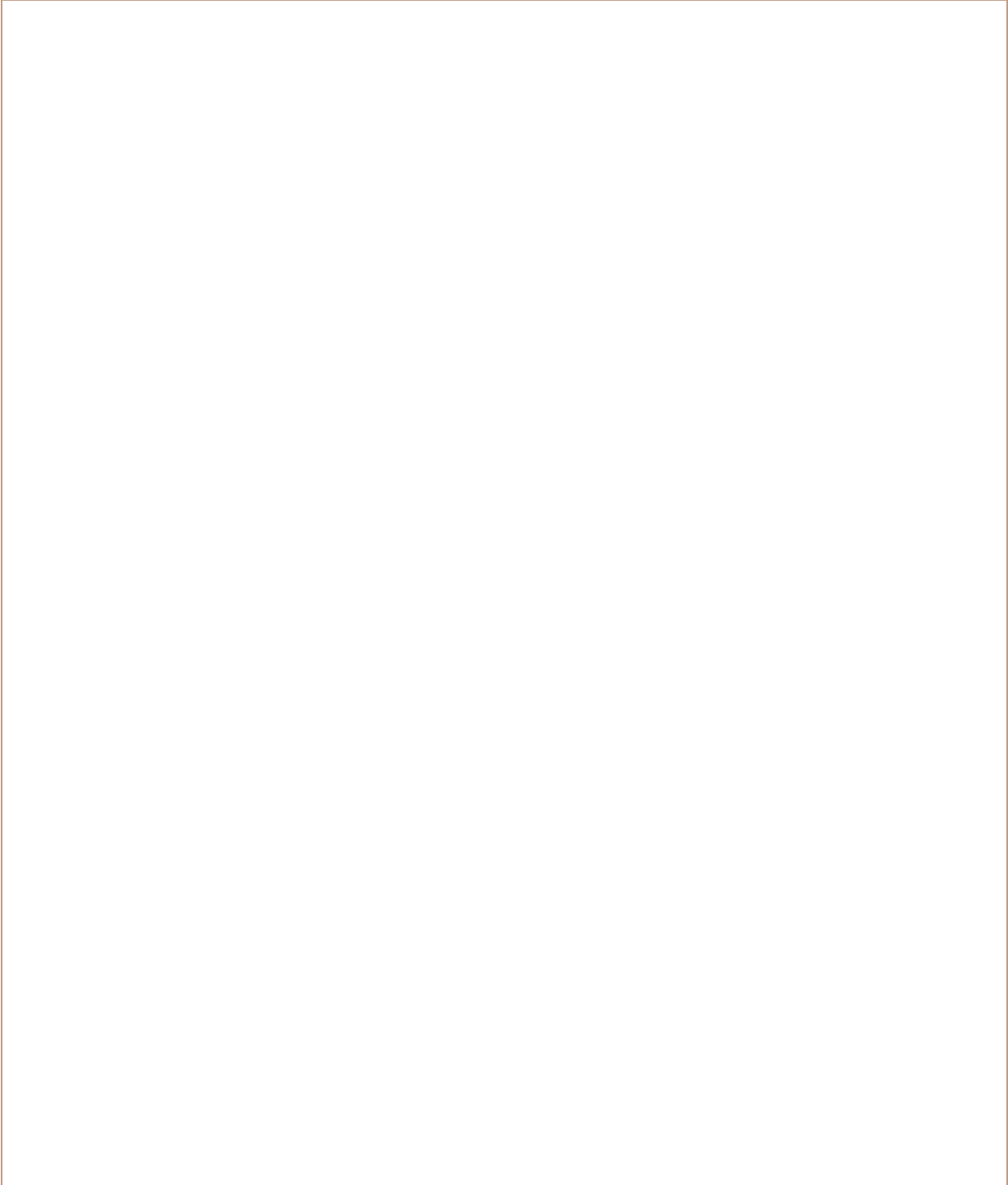
# REVIEW YOUR PAST ENTRIES



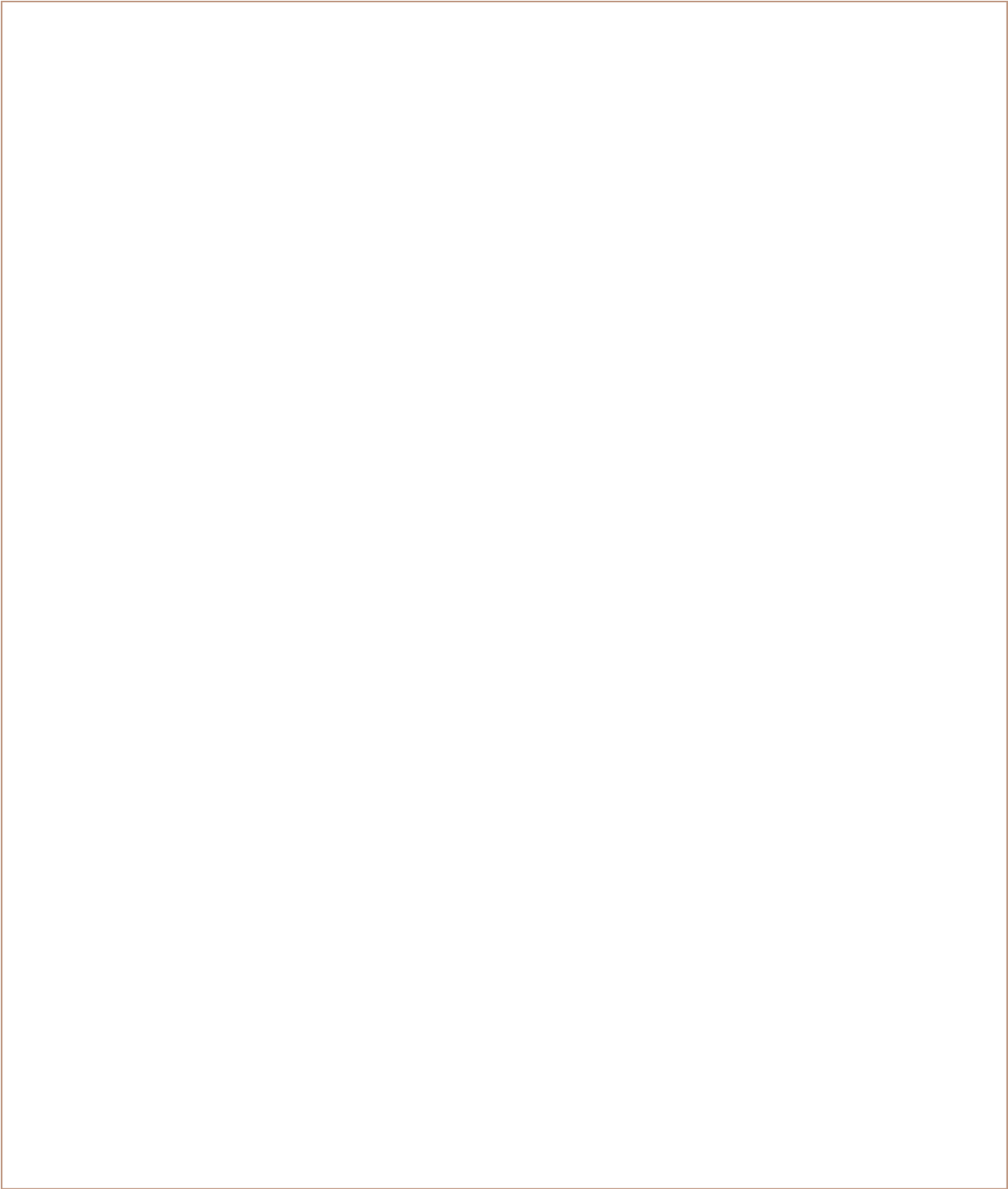
# SPOTLIGHT CRUCIAL DISCOVERIES



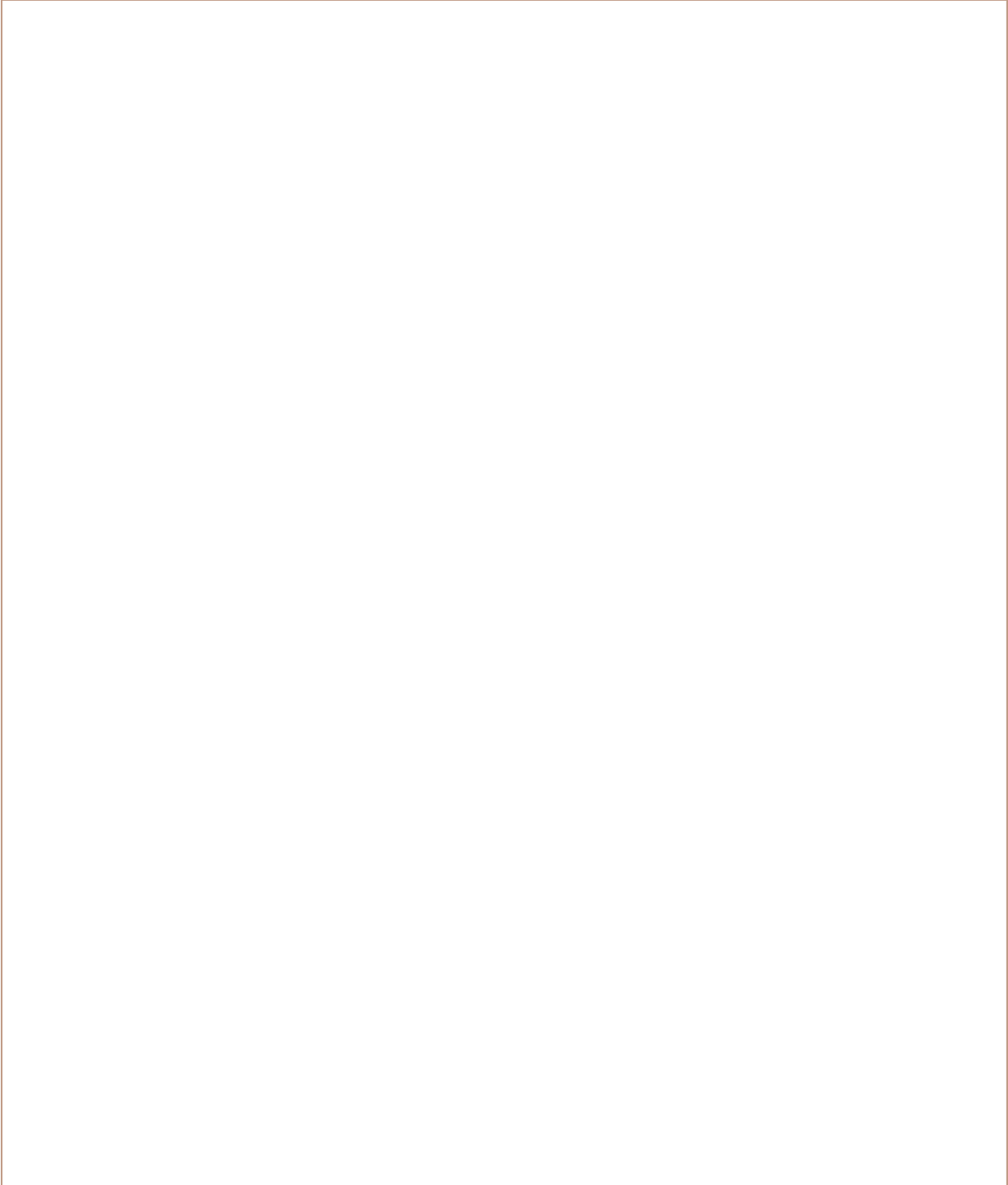
# ACKNOWLEDGE YOUR GROWTH



# CELEBRATE YOUR ACHIEVEMENTS



# CONTEMPLATE YOUR NEXT STEPS



## ADDITIONAL REFLECTION QUESTIONS:

What were the most challenging yet rewarding experiences during these 90 days?

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What are you most proud of discovering or accomplishing?

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How has your view of yourself evolved since you began deep reflecting and/or journaling?

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## TIPS FOR THE ROAD AHEAD:

- The path of self-discovery doesn't have an end point; it's a continuous adventure.
- Consider your completed journal as a resource for your continued growth.
- Continue exploring new layers and facets of yourself.
- Find community and connect with others.

As you close this 90-day chapter, know that your dedication and effort have laid a strong foundation for future growth and happiness. The self-awareness you've gained is a priceless asset that will guide you towards living a more authentic life. Feel empowered and excited about the steps you've taken and the journey that lies ahead.



# AFFIRMATIONS FOR YOUR SELF-DISCOVERY JOURNEY

1. I trust the journey of rediscovering myself.
2. My thoughts, feelings, and desires are valid.
3. I am worthy of love, respect, and kindness.
4. I deserve to live a life aligned with my true self.
5. I have the courage to confront my own depths.
6. I am enough, just as I am, right now.
7. My self-worth is not determined by external validation.
8. I am worthy of setting boundaries and demanding respect.
9. I release the need for approval from others.
10. I am in charge of my happiness and well-being.
11. I am more than the roles and labels society has given me.
12. I possess the wisdom to discern my true desires.
13. I am open to new experiences.
14. I embrace the complexity and nuance within me.
15. Every day brings me closer to my true self.
16. I am capable of achieving my dreams and desires.
17. I honor my needs and will take time for myself.
18. My intuition is a trusted guide in my life's journey.
19. I am not my mistakes or my past; I am my potential.
20. I have the power to change my story and my life.
21. I am grateful for the journey and eager for what is to come.
22. I release fear and embrace love.
23. I am at peace with who I was, who I am, and who I will become.
24. My unique passions are my strengths.
25. I have endless talents yet to be discovered.
26. I celebrate the small victories because they lead to larger ones.
27. I am deserving of the time I take to work on myself.
28. I am confident in my journey and fearless in my pursuits.
29. I am not defined by my struggles, but refined by them.
30. I am resilient, strong, and brave.
31. I have everything I need within me to live my dreams



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