

Unlock Your Authentic Self and Embrace Your Growth!

Welcome to your personal self-discovery journey! This worksheet is designed to guide you toward uncovering your deepest truth, setting meaningful intentions, and embracing the evolution of who you are meant to be. Let's begin the adventure! **

🦋 1. Restore & Rebirth: Healing & Renewal 🌱

Sometimes, we carry old wounds that keep us from stepping into our true selves. This section is about restoring your emotional balance and rebirthing your energy.

A. Reflect: What Old Wounds or Limiting Beliefs Are Holding You Back?

Take a moment to reflect and jot down any emotional baggage or limiting beliefs you've been carrying with you. These might be fears, past hurts, or self-doubts.

Example:

- Fear of failure
- Belief that I'm not good enough
- Holding onto past heartbreak

Your Turn: Write freely—no judgment. Let it out! What's been weighing you down?

B. Rebirth: What Does Your Life Look Like Without These Limiting Beliefs?

Now, imagine your life free from these burdens. What would you feel like? What would you do differently? Write down your vision of freedom and rebirth.

Example:

- Feeling empowered and confident
- Taking risks and following my dreams

Embracing my true potential
Your Turn: What new opportunities would you welcome? How would you show up differently in the world?
Your intentions shape your future. Let's clarify what you want to manifest in your life.
A. Reflect: What Are Your Core Values? 💖
Think about the things that matter most to you—your values and passions. These will serve as compass for your intentions.
Example:
 Authenticity Family Growth
Your Turn: Write down 3-5 core values that resonate with your soul. These are the things you want to align your life with.
B. Set 3 Big Intentions for This Year **
What do you want to achieve this year? Your intentions should be in alignment with your core values and what truly excites you.
Example:
Start my own business

Practice daily gratitude
Cultivate deeper connections

Your Turn: Write down 3 powerful intentions for this year that reflect your heart's desires.		
	our Worth 🌸	
Self-love is essential for growth. This section focuevery part of yourself.	uses on affirming your worth and embracing	
A. Reflect: What Is One Thing You Lov	e About Yourself? 💫	
Give yourself credit! It's time to acknowledge son yourself—physically, emotionally, or spiritually.	nething you truly love about	
Example:		
 My resilience // My creativity My kindness 		
Your Turn: Take a moment to celebrate your unique qualitie	s! What do you love most about yourself?	

B. Affirmations for Self-Love 💪

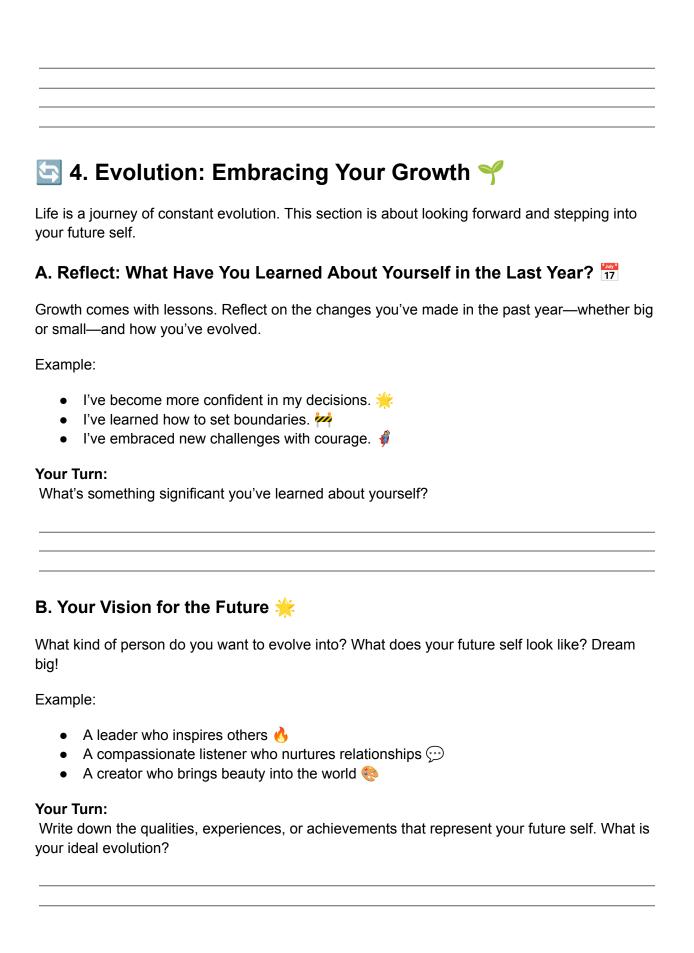
Let's fill your mind with powerful affirmations. Choose 3 that resonate with you and repeat them every day. Write them here!

Example:

- I am worthy of love and success.
- I accept myself completely, flaws and all.
- I am enough, just as I am. 🌸

Your Turn:

Write down 3 self-love affirmations that speak to your heart.





Bonus: Daily Practice for Evolution



Growth happens in small steps. To continue evolving, let's create a daily habit that aligns with your intentions.

A. Daily Practice for Personal Growth 🌞

Write down one small action you can take every day that supports your growth. Whether it's a habit, a ritual, or a mindset shift—make it something sustainable!

Example:

- Meditate for 5 minutes each morning
- Write down 3 things I'm grateful for every night
- Spend 10 minutes reading a book that inspires me

Your Turn: What is one simple action you can take every day that supports your evolution?
™ Congratulations on Completing Your Journey! 🏆
You've now completed this self-discovery worksheet! You've reflected on your past, set meaningful intentions, embraced self-love, and visualized your evolution. Keep this worksheet close to remind yourself of the powerful steps you've taken today. Keep growing, evolving, and shining your light!
Bonus: Use the space below to jot down any final thoughts, insights, or goals that came to you during this journey.