



Getting to know myself better

As a way to cultivate self-awareness, journal freely about the following prompts:

1. What I admire the most about my personality is...

2. Something that concerns me about my future is...



3. I deeply wish to...

4. The aspects of my personality that help me overcome obstacles are...



5. My top 5 values are...

1. _____
2. _____
3. _____
4. _____
5. _____

6. Something I'd like to improve in my life is...



7. Something that makes me proud of myself is...

9. One activity that brings me deep joy is...



10. For me, a joyful and fulfilling day looks like this:

Morning:

Afternoon:

Evening:
