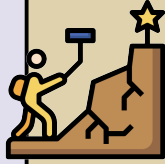


Self Discovery

Describe a challenge you faced and overcame. What strengths did you discover in yourself during that time?



Reflect on a moment from the past year that brought you immense joy. What aspects of that experience can you incorporate into your future?



What are three values that are most important to you? How can you align your actions with these values in the coming year?



Consider a time when you felt completely in flow. What were you doing, and how can you integrate more of these activities into your life?

Write about a skill or hobby you'd like to develop further. What steps can you take to nurture this aspect of yourself?



List three things you are grateful for today. How can you cultivate a daily gratitude practice moving forward?



Describe your ideal day from start to finish. What small changes can you make to bring elements of this day into your regular routine?



Reflect on a fear or limiting belief that has held you back. How can you reframe this belief to empower yourself?



Write a letter to your future self, outlining your goals, dreams, and intentions for the next year. What steps will you take to turn these aspirations into reality?



Identify a role model or someone you admire. What qualities in them inspire you, and how can you incorporate those qualities into your own life?

