

Self-Discovery Journal

As we grow, learn, and change, it's important to check in with ourselves every once in a while to make sure we are in touch with the things that make us, us. Sometimes we forget to stop and think about our values, beliefs, or thoughts. But, it's really important to make sure we check in with ourselves to learn who we are and where we want to be. Make sure that, whenever you are learning about yourself, you give the answers you want to give, not what you think someone else wants to hear.

Who am I when no one else is around?

What are my personal boundaries?

What values are most important to me? (ex: family, friends, alone-time, education, money, etc.)

How do my values impact my choices and actions?

What expectations do I have for myself?

What are my motivations in life?

How have I changed in the past year?

If I woke up tomorrow and life was perfect, what would it look like?

What qualities do I look for in a friend? Would I want to be friends with myself?

What do I value in a relationship?

Where do I see myself in 5 years? In 10 years?
