## SELF-DISCOVERY JOURNAL

A 10-DAY GUIDE TO CONNECTING WITH YOURSELF

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## A 10 - Day Guide to Connecting With Yourself

This journal is designed to help you slow down, reflect, and reconnect with yourself. Use it daily with intention. Take your time with each prompt, and allow space for honest answers.

## HOW TO USE THIS JOURNAL

- 1. Find a quiet place where you won't be distracted.
- 2. Set aside 10-15 minutes each day.
- 3. Be honest with yourself this is only for you.
- 4. Write freely without overthinking or judging yourself.
- 5. Review your entries at the end of the 10 days to reflect on your responses, note down what stands out to you and the actions you can take to start changing s the things that stood out to you.

I invite you to share how this experience made you feel and what changed for you after the 10 days. You can email me at balancedbrew@lifeinbalnx.com

Dayl	1

What activites make me feel most alive and why?		
	"Knowing yourself is the beginning of all wisdom	
	- Aristotle	

Day 2	2

What limiting beliefs have been holding me bac	ck?
	 "Whether you think you
	can or you think you
	can't, you're right." ————————————————————————————————————

Day 3	3	$\leq$

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When in my life have I felt the most confident? What contributed to that?		
	"Our deepest fear is not	
	that we are inadequate. Our deepest fear is that	
	we are powerful beyond	
	measure." ————————————————————————————————————	
	Williamson	

Day 4	l

What does my ideal day look like from morning to night?		
	"The greatest discovery	
	of all time is that a ———— person can change his	
	future by merely changing his attitude.'	
	-Oprah Winfrey	

Davil	
Day 1	

Who inspires me and what qualities of theirs do I admire?		
	The people we admire	
	most are mirrors showing us what already	
	lives in us. Their path	
	points you back to your	

Day 6	

What do I want more of in my life? What do I want less of?			
	Sometimes the most		
	——— powerful step forward is deciding what no longer		
	belongs in your life.		

Day 7	7

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What are my top 5 personal values?				
	"Within you, there is a — stillness and a sanctuary			
	to which you can retreat			
	at any time." ———— - <b>Hermann Hesse</b>			
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Day 8	

If fear didn't exist, what would I pursue?	
	———— "We must be willing to let go of the life we
	planned so as to have the life that is waiting for
	us."
	- Joseph Campbell



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What habits are currently helping me? What habits are currently harming me?				
	"Every next level of you life will demand a			
	different you."  - Leonardo DiCaprio			

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Day	10

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What 3 steps can I take toward creating and pursuing the life I want?				
	know: It's time to start			
	something new and trust the magic of beginnings."			
	Meister Eckhart			

Date:		

REFLECTIONS	
	When was the last tim you reintroduced
	yourself to the person you've become?