

A stylized sunburst graphic with multiple black lines radiating from a central point, positioned above the title.

Self Discovery *Workbook*



@hoemonjarvis

What is Self Discovery?



Self discovery is important for many reasons. Learning more about your emotional, social and intellectual self can strengthen your wellbeing and even improve concerns like anxiety and depression as you learn the tools and approaches that match your personality. Even more, this process can help you craft a life that you are excited about. The really interesting thing about self discovery is that the self is always shifting and growing. That's why it's important to check in with ourselves consistently!

Self discovery helps by increasing emotional intelligence, self awareness, motivation and self compassion. Throughout this workbook, you will find exercises for building your own personal vision, getting to know your strengths and unique intelligences and clarifying your personal values.

Self discovery is a slow and intentional process, so no need to rush! Ready to get started? Let's go!

Contents

Reflection Questions:

Reflection is the first step for getting a clear picture of who you are and what your life looks like today.

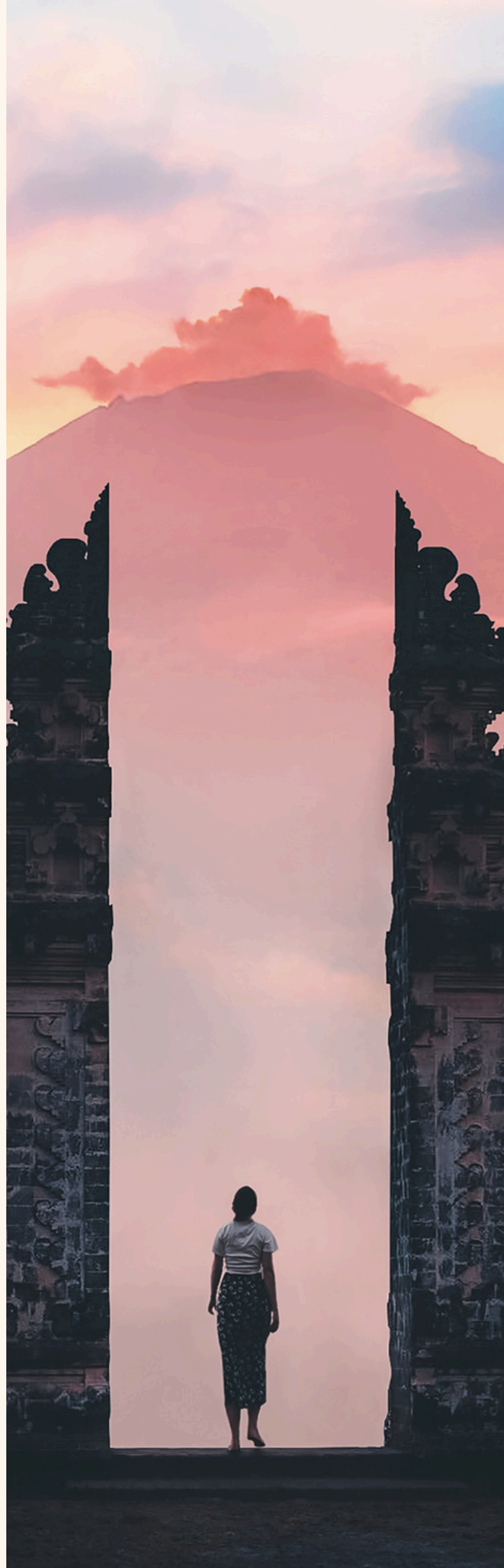
Best Possible Self: Visualization exercise to start envisioning your ideal imagined future.

Strengths Assessment: Lean into your strengths and begin understanding your own unique gifts.

Personal Identity Wheel: Start to understand the pieces of your identity that contribute most to your sense of self.

Values Exploration: Get to know your heart's deepest desires and where they can steer you.

Putting It All Together: How to begin integrating this knowledge to build a meaningful life.



Reflection Questions

Before we can start creating positive change in our lives, we need to get a holistic picture of where we are at. Take some time to reflect on the questions below, combining classic reflective questions used throughout psychotherapy and a tool called the Proust Questionnaire.

What do I wish people understood about me better?

What beliefs and behaviours do I want to let go of?

What do I most value in my friends and loved ones?

Am I being true to myself in my academic / career choices?

How have I grown and developed over the past year?

What is my idea of success?

What is my idea of perfect happiness?

Best Possible Self

The Best Possible Self exercise is one of the most thoroughly researched and widely used positive psychology strategies. It has been shown to boost mood and increase hopefulness by clarifying people's life goals and what needs to change to reach greater fulfillment.

Start the activity by closing your eyes and imagining in detail your best possible self in each of the below areas. Try to embody that feeling as you imagine it. Then write about it for 5 minutes straight in as much detail as possible (use separate sheets of paper or a personal journal).

Practice visualizing one of these areas every day for at least one week for 5 minutes. Record how you feel after you do it.



Personal Domain: Skills, hobbies, personality, health, accomplishments, values, etc.



Professional Domain: Education, job, sense of purpose, skills development, academic achievement, etc.



Social Domain: Romantic relationships, friends, family, social activities, etc.

Strengths Exploration

It may sound simple, but most of us don't take enough time to reflect on our strengths and the positive qualities we bring to the world. People who do recognize their strengths tend to be happier and have greater self esteem. These reflection questions can help us become more aware of the strengths we use every day that we may not consciously recognize.

What are 3 things I am good at?

What are 3 compliments I have received?

What are 3 ways I help others?

What are some challenges I have overcome in life?

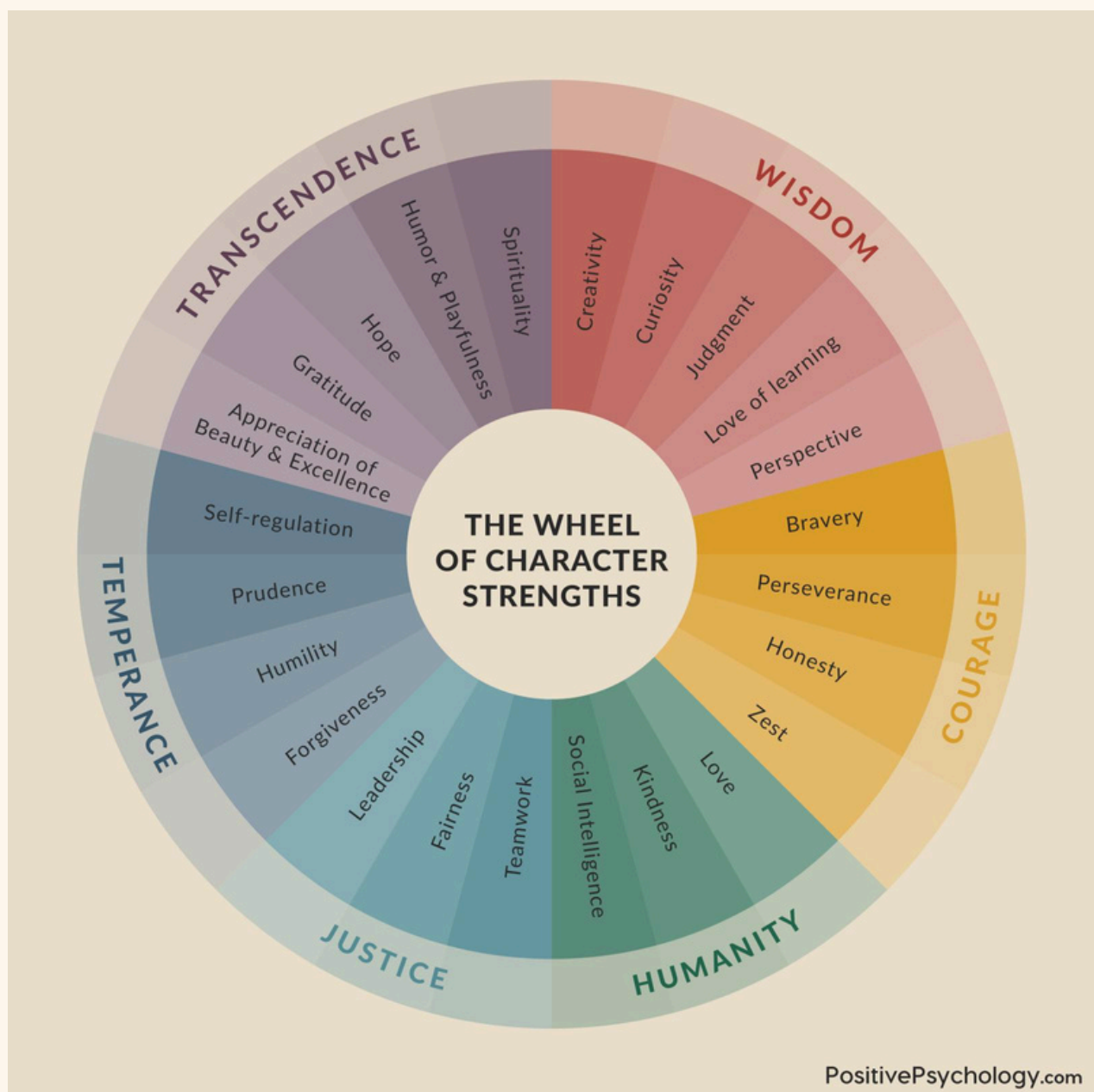
What are 3 things that make me unique?

What is 1 thing I would never want to change about myself?

Strengths Exploration

Now that you have answered those questions, review the character strengths wheel below and identify the areas that you feel you align with. Sometimes we have more strengths than we originally thought!

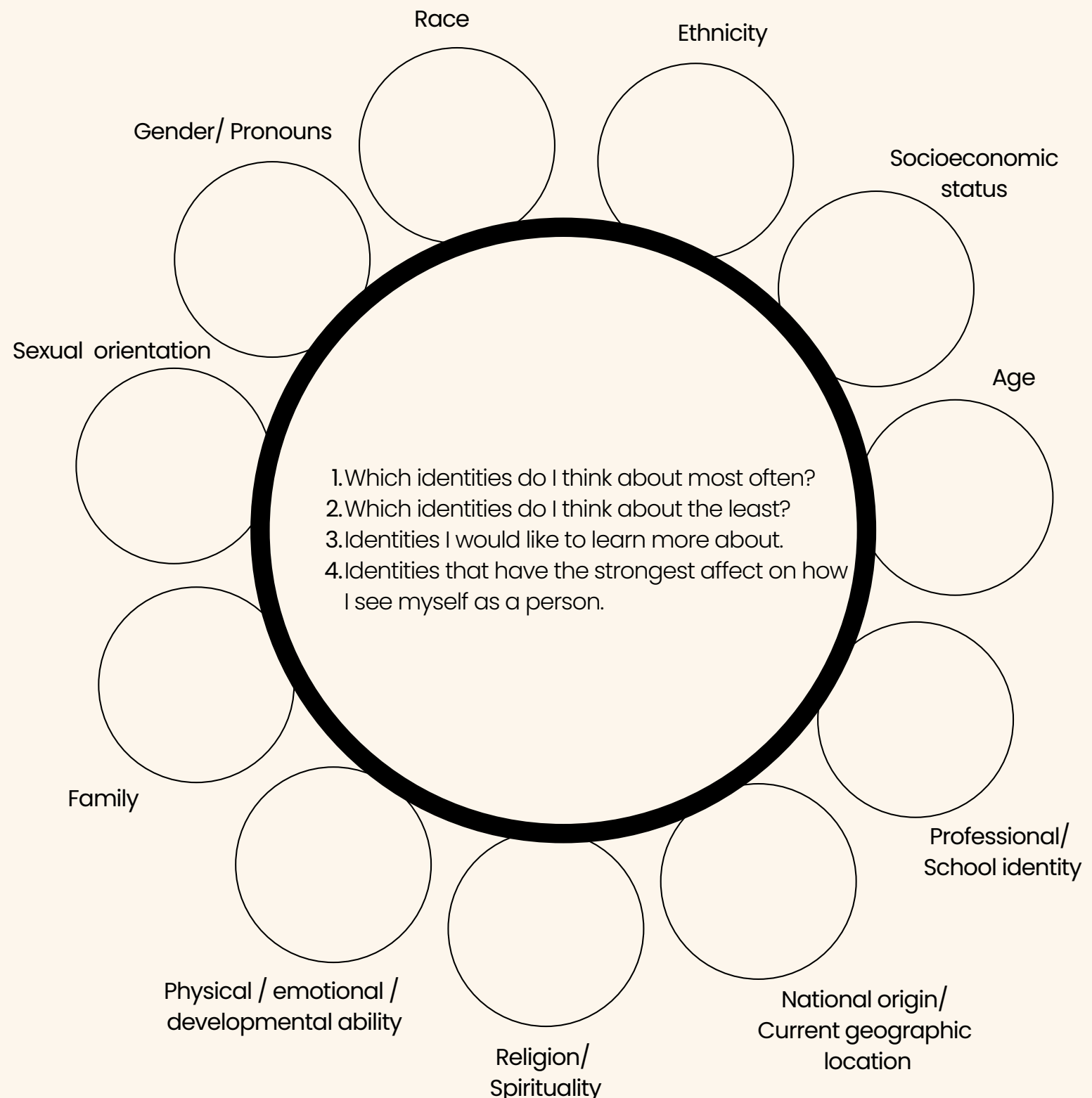
This character strengths wheel is based on the evidence-based Values In Action Strengths Survey. To complete the survey and identify your strengths in more detail, visit **www.viacharacter.org**



Identity Wheel

*Adapted from University of Michigan

In addition to our personal character strengths and qualities, it can be helpful to reflect on personal and social identities and how they contribute to the ways we think, feel and behave. Using the diagram below, fill in your personal and social identities. Then spend some time personally reflecting on the questions in the middle of the circle. There is no need to fill in each category! Simply reflect on what you feel is most important to you.



Values Exploration

Your values outline what is important to you and help guide your choices in life. Within an approach called Acceptance and Commitment Therapy, values are defined as the principles that govern how you want to act and the person you want to be. Start by selecting the 10 most important items from the following list of values and ranking them by importance from 1-10.

Rank	Value
	Love
	Wealth
	Family
	Morals
	Success
	Knowledge
	Friendship
	Adventure
	Freedom
	Fun
	Nature
	Popularity
	Honesty
	Forgiveness

Rank	Value
	Humour
	Loyalty
	Introspection
	Independence
	Beauty
	Spirituality
	Peace
	Respect
	Wisdom
	Creativity
	Safety
	Authenticity
	Gratitude
	Any others?

Now that you have taken some time to select your top values, it's time to consider how fully you are living by your values in different areas of daily life. If you select 5, this means you are putting your values into action in this area of your life almost all the time. If you select a 1, this means you aren't living by your values in this area at all. Consider why you are selecting these rankings and how you can make choices to increase your values in the areas that are lacking.

Education and Work: School, jobs, professional ambitions

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Leisure: Sport, activities, relaxation time, hobbies

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Relationships: Friendship, romance, family

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Personal Growth: Health, personal development, self-learning

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Putting It Together

Now that we've gotten to know ourselves a little bit better, we can start putting it together to work toward some personal goals. Use a new sheet for each goal you have and are excited about!

PERSONAL GOAL

STRENGTHS I CAN USE TO
GET THERE

PERSONAL IDENTITIES
THAT WILL GUIDE ME

VALUES I WILL DRAW
FROM

Thank You!

We hope this workbook helped you get to know yourself a little bit better and gave you a clearer vision of who you are, where you're going and where you want to be. Remember, self-discovery is an ongoing process ... we will never have it perfect, so lean into the process with curiosity and self-compassion.

