Self-Discovery In Depth

Often, we are so caught up with our external circumstances, that we find ourselves stressed out and too busy to search within ourselves for answers we seek in everyday life to move forward in our Power and clarity. This tool is designed to help you gain deeper perspective of yourself and help you to align with your Purpose, Feeling of Fulfillment and Power.

On a scale from 1- 10, how would I rate the personal quality of my life? ___ / 10

If my score is lower than 10 what would it take for my score to be at a 10?

_____
_____
_____

What do I need to accomplish in my life to feel fulfilled and complete?

_____
_____
_____
_____

What motivates me to succeed and evolve as a person?

_____
_____
_____

What is the one regret I don't want to have in my lifetime?

_____
_____
_____
_____

Have I considered the possibility of having the life I really want? Yes / No

Self-Discovery In Depth

What vision do I have for my life?

_____
_____
_____
_____

What could help me lead my most inspired life?

_____
_____
_____

If I have all the resources I need, and I can't possibly fail, what would I do?

_____
_____
_____

What limiting beliefs am I holding on to that may be holding me back from moving forward with my goals? What fears am I willing to release?

_____
_____
_____

With what am I most aligned in my life? What do I feel most passionate about?

_____
_____
_____
_____

Self-Discovery In Depth

How is life asking me to grow right now? What has my intuition been trying to tell me?

_____
_____
_____
_____

What sustains me during times of challenge such as struggle, doubt, loss? What strengths and talents do I have that can and will pull me through tough challenging times?

_____
_____
_____
_____

If I were to make just one radical change in my life right now to make life better, what would it be?

_____
_____
_____

What toxic energy do I need to eliminate from my life? What kinds of filters do I need in my life to screen out negativity such as negative thoughts, people, the media, the Internet, stress overload, and anything else that I need to protect myself from?

_____
_____
_____
_____

Self-Discovery In Depth

When I get close to the end of my life's journey in this world, what story would I like to be able to tell about my greatest contribution and achievements?

_____
_____
_____

What do I love most about myself? In what ways can I appreciate myself more?

_____
_____
_____
_____

Where in my life do I feel I need to take action? What action step can I take today that my future self will appreciate me for?

_____
_____
_____

What legacy do I want to leave behind? How will the world be a better place because of me?

_____
_____
_____
_____
_____
_____
_____

If you have any questions regarding this tool or need clarity in any area feel free to contact me at nicole@beintruth.com