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Self-Discovery Workbook

This free self-discovery workbook puts five of our worksheets into one printable PDF, in order: explore who you are, go deeper with journal prompts, name your core values, see how balanced your life feels, then turn it into a simple self-growth plan. Print it and take one worksheet a sitting, at your own pace.

What's inside

1. **Who Am I? Worksheet.** Begin with the big question, broken into small, answerable parts.
2. **Self-Discovery Journal Prompts.** Prompts to go deeper on what came up, a few at a time.
3. **Core Values Worksheet.** Name the handful of values that matter most to you, so choices get easier.
4. **Wheel of Life Worksheet.** Score each area of life to see where it feels full and where it feels thin.
5. **Self-Growth Plan.** Pull it together: pick one or two areas, a first small step, and a plan for when things get in the way.

How to use it

- Give yourself time. One worksheet per sitting is plenty.
- There are no right answers. Write what's true now, not what you think you should say.
- Notice patterns between pages, such as a value that keeps coming up or an area of life that keeps feeling thin.
- Revisit the wheel of life and your plan in a month or two to see what's changed.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at **findahelpline.com**. If you're in immediate danger, call your local emergency number.

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My 'Who Am I?' Worksheet

Six exercises that move from quick, unfiltered answers to a clearer, fairer picture of who you are underneath the roles.

01 Finish 'I am...' as many times as you can

Go fast and don't filter. Mix it up: traits, roles, feelings, quirks, beliefs, whatever comes. Aim to fill every line.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

02 What sits underneath your answers

Look back at your list. Some answers will be roles, some traits, some values. Notice which ones feel most truly you.

Which answers feel most genuinely 'me', and why those rather than the others?

03 What actually matters to you (your values)

Values are the things you'd stand by even when it costs you something. List the ones that are really yours, not the ones you think you should have.

1.
2.
3.
4.
5.
6.

04 The roles you play, and who's underneath

Roles are real and they matter, but they aren't the whole of you. Separate the two.

Roles I play (parent, worker, friend...)	Who I'd still be if that role ended

05 When you felt most like yourself

The times you felt most 'you' are a strong clue to who you actually are. Describe one.

A moment I felt most like myself: what was I doing, who was I with, what mattered?

06 The shape of you, in a sentence

Pull the threads together. Not a final verdict, just an honest line you can sit with for now.

Starting 'I'm someone who...', write the truest sentence you can:

When you're done, a moment to reflect

- Did you answer more with roles, or with traits and values? What does that tell you?
- Was there a gap between the values you listed and how you actually spend your days?
- What would change if you led a little more with the answers that felt most truly you?

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My Self-Discovery Journal

Seven guided prompts to get to know yourself more honestly, plus a list of extra prompts to take away and reuse.

01 Settle in

How in touch with myself do I feel today?

1 2 3 4 5 6 7 8 9 10

Quite disconnected — Very connected

One honest word for how I am right now:

02 When do I feel most like myself?

Think of a recent moment you felt completely at ease being you. Where were you, who with, what were you doing?

03 What fills me, what drains me

Be specific, actual activities, people and situations, not vague categories.

Leaves me with more energy	Leaves me with less

04 The story I keep telling about myself

We all carry a few well-worn beliefs about who we are. Name one, and then question whether it's actually true, or just familiar.

A belief I often repeat about myself:

Is it true, or just old? What's the evidence either way?

05 If nothing were in the way

Take judgement, money and fear off the table for a moment.

What would I do, try or change if I knew I couldn't fail and no one would judge me?

06 A few honest lines to myself

Write to yourself a year from now, what you hope you'll remember, and what you'd want to hear.

07 What's quietly good

List things that are going right that you tend to walk past without noticing. Small ones count.

1. _____

2. _____

3. _____

4. _____

5. _____

08 Prompts to take with you

Tick these off over the coming weeks, one is plenty for a sitting. Use the same approach: one honest answer beats a perfect one.

- [ ] What am I pretending not to know?
- [ ] Who am I when no one's watching, and who am I performing for?
- [ ] What did I need as a child that I can give myself now?
- [ ] What am I tolerating that I don't have to?
- [ ] When did I last change my mind about something important?
- [ ] What would the most honest version of me say about my life right now?
- [ ] What am I holding on to that's ready to be put down?
- [ ] If this year had a single lesson, what would it be?

When you're done, a moment to reflect

- Which prompt did you avoid, and what might that avoidance be telling you?
- What's one thing you wrote here that you've never quite said out loud?
- What would you do differently this week if you took your own answers seriously?

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My Core Values Worksheet

Seven steps from a long list of values to the five that matter most, and one small way to live by them this week.

01 Pick the values that matter to you

Read each group quickly. On paper, circle any value that feels important to you. On screen, type them on the line underneath. Go with your gut: there are no right or wrong answers.

People and connection: family, friendship, love, belonging, community, loyalty

Kindness and care: kindness, compassion, generosity, patience, forgiveness, helping others

Honesty and character: honesty, integrity, fairness, responsibility, respect, courage

Growth and learning: learning, curiosity, growth, wisdom, challenge, doing things well

02 Keep going: four more groups

Same again. Then add any values of your own that matter to you and aren't on the list.

Freedom and creativity: independence, freedom, adventure, spontaneity, creativity, authenticity

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Security and achievement: security, stability, order, hard work, achievement, ambition

---

Health and enjoyment: health, fun, humour, rest, nature, beauty

---

Meaning and the wider world: faith, purpose, tradition, gratitude, justice, making a difference

---

My own values, not on the list:

---

03 Sort them, then choose your top five

Write each value you picked in a column: very important (the ones you'd find hardest to give up), or important but less so. Then choose five from the first column.

Very important to me	Important to me

My top five, each as something I do: not just 'honesty', but 'saying what I really think, kindly'.

My value	What it means to me As something I do

04 How closely am I living by them?

Give each of your five two scores from 0 to 10: how important it is to you, and how well you've lived by it this past month. Be honest, not harsh. The biggest gaps show you where to start.

My value	How important 0 to 10	How well I've lived it 0 to 10

What gets in the way most often?

05 Why my top value matters to me

Pick the one value that matters most to you right now. Write a few lines about why it matters, and a time it showed up in your life. There's no need to make it sound good.

My top value:

Why it matters to me, and a time it showed up:

06 One small step this week

Pick a value with a big gap, and one small, specific thing you'll do this week to live it a little more. Small counts. 'Be a better friend' becomes 'text Jo on Thursday to ask how the interview went'.

The value I'll act on:

What I'll do, and when and where:

Acting on a value can feel uncomfortable. What might get in the way, and what will I do if it does?

07 When two values pull against each other

Sometimes a choice sets two of your values against each other, like ambition and family. That's normal. Use this when you're facing a decision.

A choice I'm facing:

Option A

Which of my values it honours, and which it costs

Option B

Which of my values it honours, and which it costs

Which option moves me towards the person I want to be, right now?

When you're done, a moment to reflect

- When did you last feel proud of how you acted, not of what you achieved? Which value were you living?
- What makes you angry on someone else's behalf? Which value is being stepped on?
- Did you pick any value because you felt you should, rather than because it's truly yours?
- Who do you admire, and for which qualities?
- If you lived a little more by your top value, what would someone close to you notice first?

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My Wheel of Life Worksheet

Score eight areas of your life, read the pattern, set a target or two, then turn one area into one realistic next step.

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01 Today's overall read

Taking everything together, how balanced does life feel right now?

1 2 3 4 5 6 7 8 9 10

Very lopsided — Nicely rounded

02 Score your eight areas

Rate each area from 1 to 10, 1 means deeply unsatisfied, 10 means fully satisfied. Go with your first instinct.

Career & work, how fulfilling and on-track does it feel?

1 2 3 4 5 6 7 8 9 10

1 10

Money & finances, how secure and in control do I feel?

1 2 3 4 5 6 7 8 9 10

1 10

Health & body, energy, fitness, sleep, how I feel physically.

1 2 3 4 5 6 7 8 9 10

1 10

Family & friends, the quality of my close connections.

1 2 3 4 5 6 7 8 9 10

1 10

Romance & love, my relationship, or how I feel about that part of life.

1 2 3 4 5 6 7 8 9 10

1 10

Personal growth, learning, purpose, becoming who I want to be.

1 2 3 4 5 6 7 8 9 10

1 10

Fun & recreation, play, rest, the things I do just because I enjoy them.

1 2 3 4 5 6 7 8 9 10

1 10

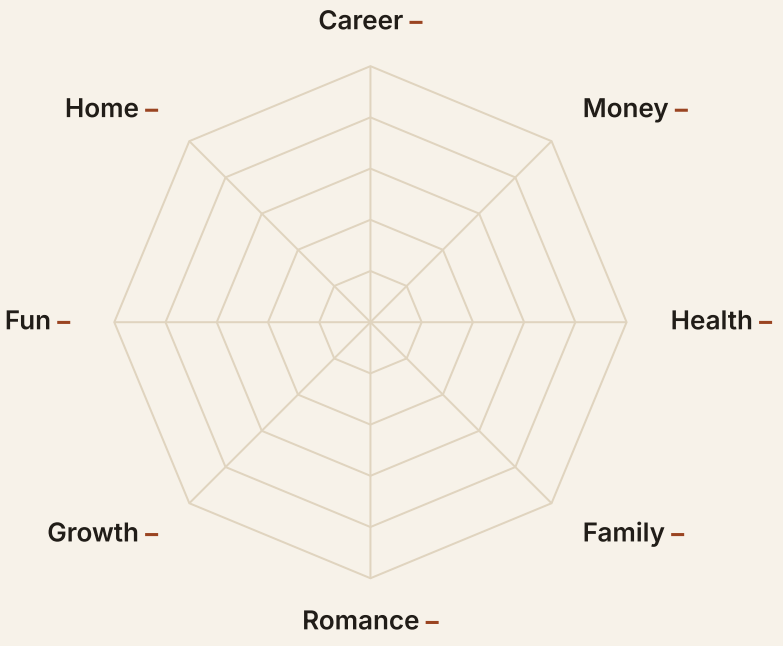
Environment & home, my space, surroundings and daily setup.

1 2 3 4 5 6 7 8 9 10

1 10

✦ Your wheel

It fills in as you score the eight areas above. A rounder wheel means your scores are close together. A spiky one shows where you feel better and worse supported.



Today 0 of 8 areas scored

03 Read your wheel

Look across the eight scores. Notice the highs, the lows, and any surprises.

Areas scoring highest, what's working	Areas scoring lowest, what's been neglected

The score that surprised me most, and why:

04 Where I'd like each area to be

A target is not a 10. For two or three areas that matter most to you, write the score you would be content with and a rough time frame, like three months or a year. It is fine to leave an area where it is.

Area	Score today	Score I'd be content with	By when e.g. in three months

05 Pick one area to focus on

Not necessarily the lowest, choose the one that, if it improved, would lift the most else with it.

The one area I'm choosing to work on:

Why this one, right now:

06 What a +2 would look like

Don't aim for a 10. Picture this area just two points higher than its current score, concrete and believable.

If this area moved up two points, what would be different in my week?

07 My first small step

One specific action, small enough that you could start this week.

The step I'll take	When / how often

When you're done, a moment to reflect

- Which area have you been telling yourself you'll 'get to later' for the longest?
- Is your lowest score low because of real circumstances, or because it's quietly stopped getting any of your attention?
- What would change if you re-scored this wheel in three months?

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My Self-Growth Plan

A quick look at your whole life, the values that matter most, and one to three growth goals with a first step and a plan for each, then a monthly check-in.

01 A quick life check

Score how satisfied you feel in each area right now, from 1 to 10. Go with your first instinct. This isn't about where you should be, just where you are.

Emotional wellbeing: how I handle stress, moods and hard days.

1 2 3 4 5 6 7 8 9 10

Not satisfied — Very satisfied

Relationships: family, friends, partner, feeling close to people.

1 2 3 4 5 6 7 8 9 10

Not satisfied — Very satisfied

Health and body: sleep, movement, energy, looking after myself.

1 2 3 4 5 6 7 8 9 10

Not satisfied — Very satisfied

Mind and learning: curiosity, new skills, reading, learning new things.

1 2 3 4 5 6 7 8 9 10

Not satisfied — Very satisfied

Work and money: how my work and finances feel day to day.

1 2 3 4 5 6 7 8 9 10

Not satisfied — Very satisfied

Values and meaning: living in a way that feels true to me.

1 2 3 4 5 6 7 8 9 10

Not satisfied — Very satisfied

The one or two areas that most want my attention, and why:

02 What matters most to me

Pick three values that feel most like you. If you're stuck, some common ones are kindness, honesty, family, friendship, learning, health, courage, creativity, freedom, security, fairness and fun.

My three values right now:

1.

2.

3.

Where in my life do I feel furthest from one of these at the moment?

03 My growth goals

Choose one to three. Write each as something you do, not something you are: 'pause before I reply when I'm annoyed', not 'be calmer'. Link it to an area and a value above.

Growth goal Something I can do	Area and value Where it fits	Why it matters to me In my own words

04 First steps and when I'll take them

For each goal, pick a first step so small it would be odd not to do it. Then tie it to a moment you'll really meet: 'When [this happens], I will [the step].'

Goal A word or two	My first small step	If-then plan When ..., I will ...

05 What might get in the way

Be honest about the thing most likely to stop you: tiredness, a busy week, self-doubt, other people's plans. Then decide now what you'll do when it shows up.

Goal A word or two	What might get in the way	My plan for it If ..., then I'll ...

Who or what could help me keep going (a person, a reminder, a place):

06 Monthly check-in

Once a month, come back here for ten minutes. Monthly isn't magic, it's just a pace most people can keep. Look at each goal kindly: missing days is normal, and a smaller step is often the fix.

Goal	What went well	What got in the way	What I'll change

How kindly have I treated myself about my progress this month?

1 2 3 4 5 6 7 8 9 10

Very harshly — Very kindly

My next check-in date:

07 Is this plan still mine?

Run through these at each check-in. If a goal fails most of them, it's fine to change it or let it go.

- [ ] Each goal connects to something I genuinely care about.
- [ ] I'd still want these goals if nobody else knew about them.
- [ ] The first steps are small enough that I actually take them.
- [ ] My plan leaves room for rest, sleep and the people I love.
- [ ] I'm working on three goals or fewer.
- [ ] I'm being as kind to myself about this as I'd be to a friend.

When you're done, a moment to reflect

- If this time next year one thing about how you live had changed, what would you most want it to be?
- Which of your goals came from you, and which came from what you think you're supposed to want?
- What has helped you keep going with a change before, and could you use it again?
- What would a gentle version of this plan look like on a hard week?

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