

Name:

Date:

Self-Discovery

1. *Self-Reflect: How does it feel to enjoy something you've never done?*

2. *How often do you try new things?*

3. *How often do you try new hobbies?*

4. *How often do you volunteer your time to improve the quality of life for someone else?*

5. *When was the last time you've been on an adventure?*

6. *When was the last time you discovered something unique about yourself? What was it?*

7. *When was the last time you surprised yourself? What happened?*

8. *Do you have a Bucket List? If so, list them here.*