

Name :

Date :

SELF DISCOVERY WORKSHEET

I want to inspire you to re-discover your passion in life.

Write down all that you can. Sometimes, your first answer is your intuition speaking.

Allow all your desires to flow through, no matter how crazy they may sound.

What do you want in life?

What do you want to live for?

What makes you rise and shine in the morning?

Describe a day of your life that brings you the most happiness.