

The Ultimate Self-Inquisition
Guide



SELF DISCOVERY

WORKBOOK

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BLOSSOM YOUR AWESOME

Self Discovery

PART ONE



BLOSSOM YOUR AWESOME

How to use this guide?

The first step to going deeper with understanding motives, obstacles, and desires is to write down simple statements about yourself. Finish the sentences below as accurately as you can - take your time and don't hold back! Be as clear and precise with yourself as possible. Remember these answers are only for you to see.

01 I feel most comfortable when...

02 I feel most stressed when...

03 I can be my authentic self when...

04 One of my best memories is...

05 One of my toughest memories is...

06 The most useful things I've learned so far are...

Self Discovery

PART TWO



BLOSSOM YOUR AWESOME

<p>01 I wish I could...</p>	<p>02 I wish I had...</p>
<p>03 I wish I'd be more...</p>	<p>04 I wish I knew...</p>
<p>05 I wish I would regularly...</p>	<p>06 I think my biggest obstacles are...</p>
<p>07 I think life should be about...</p>	<p>08 I think the first step I should take to get to that life is...</p>

Self Improvement



01

What aspects of your life do you want to improve and why?

02

What steps do you believe you need to take to manifest what you'd like to improve on?

03

How will your life look after the improvements? What will life look like if you don't follow through with the changes in a year? Five years? Ten years?

My Achievements



01

What are the things you feel most proud of? Name at least three.



02

Looking at the list above, why do these things make you feel happy and proud? Are they something you've worked hard at and made a concerted effort to achieve etc? What are the common themes if any?



03

If you could achieve only one more great thing in your life, what would it be?



01

What are the things, places, experiences or people that get you excited or motivated in life? Are there any common themes among them?



02

What steps do you believe you can take and changes you can make to manifest more of these things, experiences and people in your life?

Core Talents



01

What talents and/or skills do you admire the most in others?

02

Who are the people you admire for their talent or skill?

03

How did they develop these talents or skills - what actions did they take?

04

What talent or skill do you have that you're most proud of?

05

What steps can you take to develop those same talents and skills you admire in others?

Character Strengths

PART ONE



BLOSSOM YOUR AWESOME

How to use this guide?

Each one of us has some good qualities and character strengths - whether innate or developed. In this exercise identify your own best qualities and those you wish to be known for among your peers. Use the trait list below as a starting point - you can always add your own traits as well!

adventurous	enthusiastic	imaginative	practical
affectionate	energetic	jovial	respectful
ambitious	exciting	kind	responsible
athletic	educated	knowledgeable	reliable
attentive	empathetic	loyal	serious
analytical	easy going	loving	spiritual
brave	faithful	lucky	spontaneous
benevolent	friendly	mysterious	sensitive
charming	funny	mature	self-reliant
compassionate	focused	modest	sociable
calm	flexible	motivated	sweet
capable	forgiving	optimistic	straightforward
caring	grateful	obedient	strategic
charismatic	generous	orderly	talented
clever	gentle	open-minded	tactful
competitive	helpful	organized	tasteful
confident	hopeful	outgoing	thankful
courageous	happy	polite	tolerant
curious	humorous	patient	trusting
determined	independent	precise	thoughtful
disciplined	inspiring	popular	useful
dependable	intelligent	proud	wise
daring	integrity	persistent	witty

01

Write down your top ten strengths

02

What are your biggest weaknesses?

Character Strengths

PART TWO



BLOSSOM YOUR AWESOME

01

How will your strengths help you in achieving your goals?

02

What other strengths would you need to develop to achieve your goals? What weaknesses can you work on to keep them from hindering you?

03

What steps can you take right now and in the future to develop these new strengths and improve your weakest traits?