

SELF DISCOVERY

E-Journal



By Denise Nicole
www.denisenicole.com



Hello, I'm

DENISE NICOLE

Your New BFF and Self Worth Coach. I help women heal from toxic behaviors to develop healthy relationships, have a life worth living and to truly understand her worth.

If you're sick and tired of being sick and tired and want to make changes to truly live and not just exist...you are in the right place girlfriend! Here we will evolve, learn our triggers and react differently to them, get our emotions under control, reparent our inner child, become self aware and love ourselves fiercely. We will show up daily and be ready for a healthy relationship, when the time is right. And if you are in a relationship we will show you how to create healthy boundaries to have a thriving one!

DENISENICOLE.COM

SELF DISCOVERY

lets dive in!

Self-discovery is an important part of personal growth and understanding. It can help us gain insight into our personal values, goals, and interests. It can help us figure out who we really are and what we really want from life. Through self-discovery, we can identify our strengths and weaknesses. It allows us to understand ourselves on a deeper level, including how past experiences have shaped us into the people we are today.

Discovering our true selves can give us the motivation to become the best version of ourselves that we can be. By identifying our core values, beliefs, and aspirations, we become more aware of what motivates us and how to put those motivations into action in our everyday lives. We also develop a greater sense of clarity about what kind of person we want to be and how to get there. Learning more about ourselves increases our self-confidence and helps us make better decisions based on what truly matters most to us rather than living on autopilot or going with whatever society tells us is right or wrong.

Self-discovery also helps enhance other areas of our lives, such as relationships with others or career success. When you know yourself deeply enough you are in a much better position to build meaningful connections with other people because you're more honest with them about your wants and needs in any given situation. And when it comes to career success, having a clear understanding of your identity gives you the drive to seek out opportunities that align with your values and goals instead of settling for something mediocre or unfulfilling for the sake of money or prestige alone.

SELF DISCOVERY

Let's Grow!

Self-discovery is a process of getting to know yourself on a deeper level, understanding your values, beliefs, strengths, weaknesses, and aspirations. Here are some steps that will help you in your journey of self-discovery:

- Create a quiet and reflective space
- Practice Mindfulness
- Journal
- Ask yourself questions
- Visualize your ideal self
- Try new things
- Explore your passions and interests
- Pay close attention to the things you naturally love doing
- Practice Self Care and Self Kindness
- Evaluate your skills, qualities and traits
- Practice gratefulness
- Assess your relationships
- Seek the company of people who inspire you, make you feel positive, and challenge your perception of yourself
- Write yourself a love letter
- Seek feedback from others
- Practice Positive Affirmations
- Identify what you value about yourself
- Let go of limiting beliefs
- Change your mindset
- Start taking steps towards fulfillment
- Find a coach or therapist for a safe space to pursue self-discovery

Making time for self-care and reflection is essential for successful self-discovery. To discover who you truly are you must take time away from your everyday routine to allow yourself space for introspection and contemplation. During this time it can be beneficial to write down your reflections or record them orally as a way to further explore your thoughts and feelings about yourself. Doing this will help you gain clarity on areas where you want growth or change in order to become the person you ultimately want to be. Remember, self-discovery is a lifelong journey. Be patient with yourself and trust the process.

Let's take a moment to journal and reflect.



CREATE A QUIET AND REFLECTIVE SPACE

Creating a quiet and reflective space is an essential step in the process of self-discovery. In today's busy world, we are often surrounded by noise, distractions, and constant stimulation. Finding a peaceful and quiet space where you can be alone with your thoughts can help you to clear your mind and focus on your inner world.

Your quiet and reflective space can be a physical location, such as a room in your home, a quiet park, or a peaceful beach. It can also be a mental space, such as a quiet moment in your day where you can tune out external distractions and focus on your thoughts and feelings.

Whatever form it takes, your reflective space should be a place where you can relax, reflect, and connect with your inner self. When creating your reflective space, consider what elements will help you to feel calm and centered. For some people, this may mean surrounding themselves with nature or natural elements, such as plants, stones, or water. For others, it may mean creating a cozy and comfortable space with soft lighting, comfortable seating, and calming scents.

Once you have created your reflective space, make it a habit to spend time there on a regular basis. This can be a daily or weekly practice, depending on your schedule and needs. Use this time to reflect on your thoughts, feelings, and experiences. You may find it helpful to journal, meditate, or engage in other reflective practices that help you to connect with your inner self. You may be surprised at how much it can enhance your sense of well-being and self-awareness.

MINDFULNESS

breathing techniques

Mindfulness breathing techniques are practices that involve paying attention to your breath and bringing your awareness to the present moment. They can help you reduce stress, anxiety, and other negative emotions, and promote relaxation and a sense of calm. Here are some examples of mindfulness breathing techniques:

1. **Belly breathing:** Place your hands on your stomach and breathe deeply, feeling your belly rise and fall with each inhale and exhale.
2. **Counting breaths:** Count each inhale and exhale up to 10, and then start over again at one.
3. **Box breathing:** Inhale for a count of four, hold for a count of four, exhale for a count of four, and then hold for a count of four before inhaling again.
4. **Alternate nostril breathing:** Use your thumb to close your right nostril, inhale through your left nostril, then use your ring finger to close your left nostril, exhale through your right nostril, and then repeat on the other side.
5. **Mindful breathing meditation:** Sit or lie down in a comfortable position and focus on your breath. Notice the sensation of the air moving in and out of your nostrils, the rise and fall of your chest, and any other physical sensations that arise. If your mind wanders, gently bring your attention back to your breath.

These techniques can be practiced for a few minutes at a time, several times throughout the day, or for longer periods of time during a dedicated meditation practice. The key is to approach them with a non-judgmental attitude, allowing whatever arises in your mind or body to simply be there without trying to change it.

DATES :

MOOD :

DAILY JOURNAL

Your Thoughts

GOAL

TO DO LIST

-
-
-
-
-
-

-
-
-
-
-
-



QUESTIONS

to reflect on

Q1 How have I changed from the person I was 5 years ago?

.....

.....

.....

.....

How can I expand my comfort zone?

Q2

.....

.....

.....

.....

Q3 What are my passions and interests?

.....

.....

.....



QUESTIONS

to reflect on

Q 4 What has been going well in my life lately?

.....

.....

.....

.....

What feels like a struggle at the moment?

Q 5

.....

.....

.....

.....

Q 6 What are my biggest sources of stress, and how can I manage them more effectively?

.....

.....

.....



QUESTIONS

to reflect on

Q7 What traits do I love about myself?

.....

.....

.....

.....

What are the three most important things to me? Am I living my life to reflect what's important?

Q8

.....

.....

.....

.....

Q9 What are my biggest fears, and how have they held me back in the past?

.....

.....

.....



QUESTIONS

to reflect on

Q10 What advice do I need to give myself right now?

.....

.....

.....

.....

What does my perfect day look like? What would I be doing? **Q11**

.....

.....

.....

.....

Q12 What brings me the most joy? How can I make time for it?

.....

.....

.....

TRY NEW THINGS

Exercise

Take time to explore your interests, hobbies, and passions. This can help you to discover what brings you joy and fulfillment.

Here are a few examples to get you going.

Cooking

Yoga

Fishing

Baking

Meditation

Traveling

Hiking

Board Games

Rollerblading

Camping

Biking

Concerts

Kayaking

Wine Tasting

Stand Up Comedy

Photography

Beer Brewing

Horseback Riding

Painting

Movie Nights

DIY Projects

Drawing

Book Clubs

Sports Games

Sculpting

Gardening

Home Renovation

Dancing

Stargazing

Volunteer Work

WRITE DOWN

Your passions & interests

A large, light pink rectangular area with a vertical line of small pink dots on the left side, serving as a writing space.

SELF CARE

Checklist

Self-care is an important aspect of maintaining physical, emotional, and mental well-being. Here are some items you may want to include in your self-care checklist:

SELF CARE

- Take breaks and recharge throughout the day
- Get enough sleep
- Eat a balanced & healthy diet
- Exercise regularly
- Help someone with a small task
- Meditate
- Spend time in nature
- Connect with loved ones regularly
- Engage in activities that bring you joy and fulfillment
- Set boundaries to protect your time and energy

SELF CARE

- Buy yourself flowers
- Take a relaxing salt bath or shower
- Practice yoga
- Get a massage
- Listen to calming music or nature sounds
- Learn a new skill or take a class
- Watch a funny movie or show to boost your mood
- Try aromatherapy or diffuse essential oils
- Take a technology break and unplug from social media
- Burn a scented candle

QUALITIES & TRAITS CHECKLIST

Our traits and qualities define us and make us who we are - they're the secret sauce that makes each of us unique. When we tap into these strengths and use them in the right way, we're able to unlock our full potential and achieve our best. Whether you're a creative genius, a persistent problem-solver, or a compassionate listener, it's these qualities that set you apart from the crowd and help you make a real difference in the world. So, embrace your unique qualities and put them to work - the world needs your special brand of awesome!

QUALITIES/TRAITS

- Adventurous
- Ambitious
- Analytical
- Athletic
- Authentic
- Brave
- Calm
- Careful
- Charismatic
- Clever

QUALITIES/TRAITS

- Compassionate
- Communicative
- Confident
- Courageous
- Creative
- Critical
- Curious
- Decisive
- Dedicated
- Dependable

QUALITIES & TRAITS CHECKLIST

Our traits and qualities define us and make us who we are - they're the secret sauce that makes each of us unique. When we tap into these strengths and use them in the right way, we're able to unlock our full potential and achieve our best. Whether you're a creative genius, a persistent problem-solver, or a compassionate listener, it's these qualities that set you apart from the crowd and help you make a real difference in the world. So, embrace your unique qualities and put them to work - the world needs your special brand of awesome!

QUALITIES/TRAITS

- Determined
- Disciplined
- Easy Going
- Empathetic
- Energetic
- Enthusiastic
- Flexible
- Focused
- Forceful
- Forgiving

QUALITIES/TRAITS

- Free Spirited
- Friendly
- Fun
- Funny
- Generous
- Gentle
- Grateful
- Hardworking
- Helpful
- Honest

QUALITIES & TRAITS CHECKLIST

Our traits and qualities define us and make us who we are - they're the secret sauce that makes each of us unique. When we tap into these strengths and use them in the right way, we're able to unlock our full potential and achieve our best. Whether you're a creative genius, a persistent problem-solver, or a compassionate listener, it's these qualities that set you apart from the crowd and help you make a real difference in the world. So, embrace your unique qualities and put them to work - the world needs your special brand of awesome!

QUALITIES/TRAITS

- Hopeful
- Humble
- Humorous
- Idealistic
- Imaginative
- Independent
- Inner Peace
- Intelligent
- Inspiring
- Integrity

QUALITIES/TRAITS

- Intelligent
- Intuitive
- Joyful
- Kind
- Knowledgable
- Leader
- Lively
- Logical
- Loving
- Loyal

QUALITIES & TRAITS CHECKLIST

Our traits and qualities define us and make us who we are - they're the secret sauce that makes each of us unique. When we tap into these strengths and use them in the right way, we're able to unlock our full potential and achieve our best. Whether you're a creative genius, a persistent problem-solver, or a compassionate listener, it's these qualities that set you apart from the crowd and help you make a real difference in the world. So, embrace your unique qualities and put them to work - the world needs your special brand of awesome!

QUALITIES/TRAITS

- Merciful
- Meticulous
- Modest
- Motivated
- Observant
- Optimistic
- Open Minded
- Organized
- Outgoing
- Passionate

QUALITIES/TRAITS

- Patient
- People Skills
- Permissive
- Persistent
- Perseverance
- Persuasive
- Playful
- Polite
- Positive
- Practical

QUALITIES & TRAITS CHECKLIST

Our traits and qualities define us and make us who we are - they're the secret sauce that makes each of us unique. When we tap into these strengths and use them in the right way, we're able to unlock our full potential and achieve our best. Whether you're a creative genius, a persistent problem-solver, or a compassionate listener, it's these qualities that set you apart from the crowd and help you make a real difference in the world. So, embrace your unique qualities and put them to work - the world needs your special brand of awesome!

QUALITIES/TRAITS

- Problem Solver
- Prudent
- Productive
- Punctual
- Quick Witted
- Rational
- Realistic
- Reflective
- Respectful
- Responsible

QUALITIES/TRAITS

- Self Controlled
- Sensitive
- Serious
- Sociable
- Social Intelligence
- Spiritual
- Straightforward
- Spontaneous
- Strategic
- Strong Willed

QUALITIES & TRAITS CHECKLIST

Our traits and qualities define us and make us who we are - they're the secret sauce that makes each of us unique. When we tap into these strengths and use them in the right way, we're able to unlock our full potential and achieve our best. Whether you're a creative genius, a persistent problem-solver, or a compassionate listener, it's these qualities that set you apart from the crowd and help you make a real difference in the world. So, embrace your unique qualities and put them to work - the world needs your special brand of awesome!

QUALITIES/TRAITS

- Supportive
- Sympathetic
- Systematic
- Tenacious
- Thoughtful
- Trustworthy
- Understanding
- Unique
- Versatile
- Visionary

QUALITIES/TRAITS

- Warm Hearted
- Well Spoken
- Willing
- Wise
- Witty
- Work Oriented
- Worldly
- Youthful
- Zealous
- Zen-Like



QUALITIES/TRAITS

Reflection

What are your top 5 Qualities/Traits (from the list or ones of your own) :

Five horizontal light pink rectangular boxes for writing the top 5 qualities/traits.

What are your 2 main challenges (from the list or ones of your own) :

Two horizontal light pink rectangular boxes for writing the main challenges.

Which of your personal strengths would you like to be recognized and respected by others?

A large light pink rectangular box for writing about personal strengths.



QUALITIES/TRAITS

Reflection

What strengths do you wish you had?

What activities require you to use these strengths?

What do you think you could do to develop these strengths in the activities you wrote down?

EMPOWER *Yourself*

You have been through an amazing time of reflection!!! You should take some time to pat yourself on the back. This is hard work! Your future self will thank you a year from now.

Let's rate the process so far:

Enjoying the process.....%

In Between.....%

Overwhelmed.....%

Things I have discovered about myself during this time of reflection:

Actions that I would like to take:

1st Action

By When

2nd Action

By When

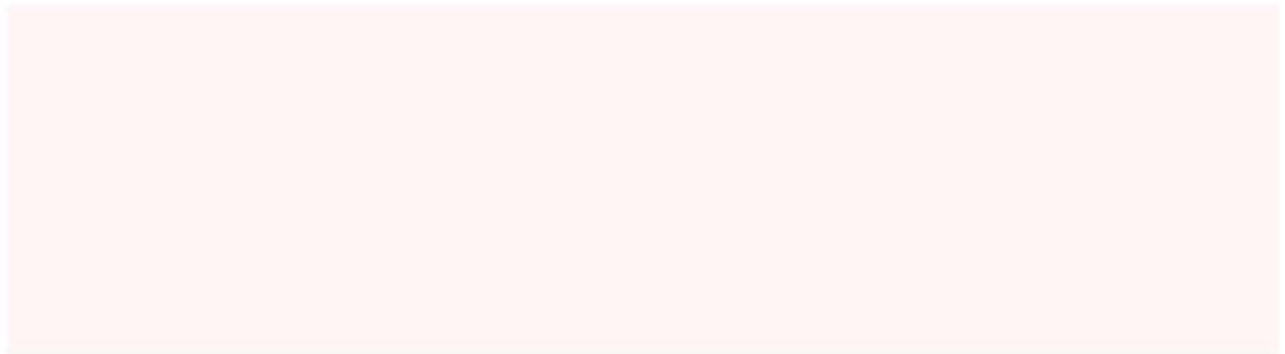
3rd Action

By When

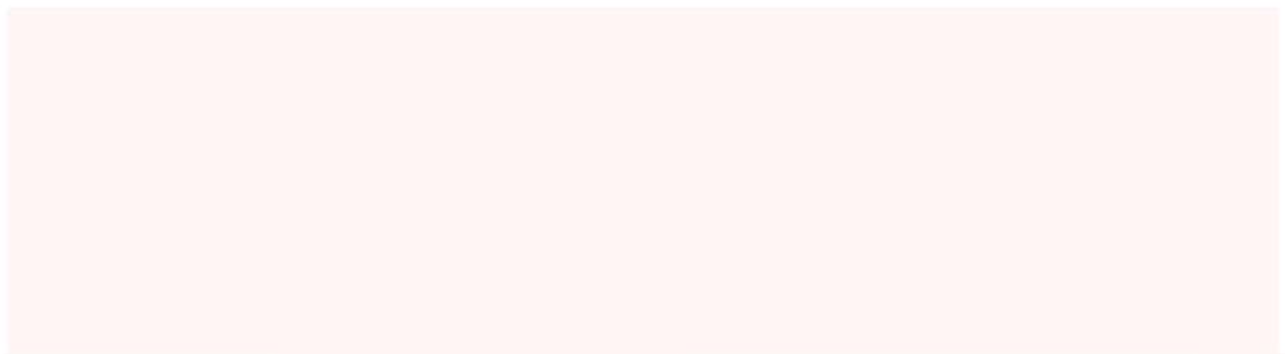
ASSESS YOUR RELATIONSHIPS

Assessing your relationships can be a valuable exercise in developing self-awareness and improving the quality of your interactions with others. This can help you to cultivate healthier, more fulfilling relationships that support your growth and well-being. Here are some steps you can take to assess your relationships:

Reflect on your feelings: Take some time to reflect on how you feel in your various relationships. Do you feel supported, valued, and respected? Or do you feel drained, frustrated, or unappreciated? Pay attention to your emotions and try to identify patterns or recurring themes.



Evaluate the dynamics: Consider the dynamics of your relationships. Do you feel like there's a healthy balance of give and take, or do you feel like you're constantly giving more than you're receiving? Do you feel like you're able to communicate openly and honestly, or do you feel like you're walking on eggshells?



ASSESS YOUR RELATIONSHIPS

Assess the level of trust: Trust is a key element in any healthy relationship. Do you feel like you can trust the people in your life, or do you feel like they're not always honest or reliable? Pay attention to your gut feelings and intuition when assessing the level of trust in your relationships.

Consider your values: Your relationships should align with your values and priorities. Take some time to consider what's most important to you, and evaluate whether your relationships support those values. For example, if you value honesty and integrity, do you have people in your life who demonstrate those qualities?

Identify areas for improvement: After evaluating your relationships, identify areas that could use improvement. This might involve setting boundaries, communicating more effectively, or letting go of toxic relationships that are no longer serving you.



UPLIFTING & INSPIRING COMPANY

Worksheet

The company you keep can have a significant impact on your self-discovery journey. When you surround yourself with people who inspire you, make you feel positive, and challenge your perception of yourself, you create an environment that supports growth and learning. Who are those people in your life?

Top most Inspiring, positive, uplifting and encouraging people in your life:

Five horizontal light pink rectangular boxes for writing names.

What can you do to spend more time in their presence?

A large light pink rectangular box for writing answers.

SEEK FEEDBACK FROM OTHERS

exercise

Asking for feedback from others can provide valuable insights into how you're perceived and how you can improve. Consider reaching out to trusted friends, family members, or colleagues to gather feedback on your strengths and areas for growth. Remember to approach feedback with an open mind and a willingness to learn and grow.



IDENTIFY WHAT YOU LOVE ABOUT YOURSELF

exercise

Identifying what you love about yourself is an ongoing process that requires self-reflection, self-acceptance, and self-care. By focusing on your positive qualities and strengths, you can build self-confidence and develop a more positive self-image. Take some time to embrace all that you are!

QUOTES



" You have the power to protect
your peace "

CHANGE YOUR MINDSET *Worksheet*

Name 3 things that make you feel "not enough". Now let's focus on turning those limiting beliefs into more positive and uplifting words.

I feel like I'm not enough when/because...

Positive thoughts I can say instead:

I feel like I'm not enough when/because...

Positive thoughts I can say instead:

I feel like I'm not enough when/because...

Positive thoughts I can say instead:



STEPS TOWARDS FULFILLMENT

exercise

Achieving fulfillment is a deeply personal journey. Be open to new experiences, ideas, and perspectives to continue learning and growing. What steps will you take to move forward?

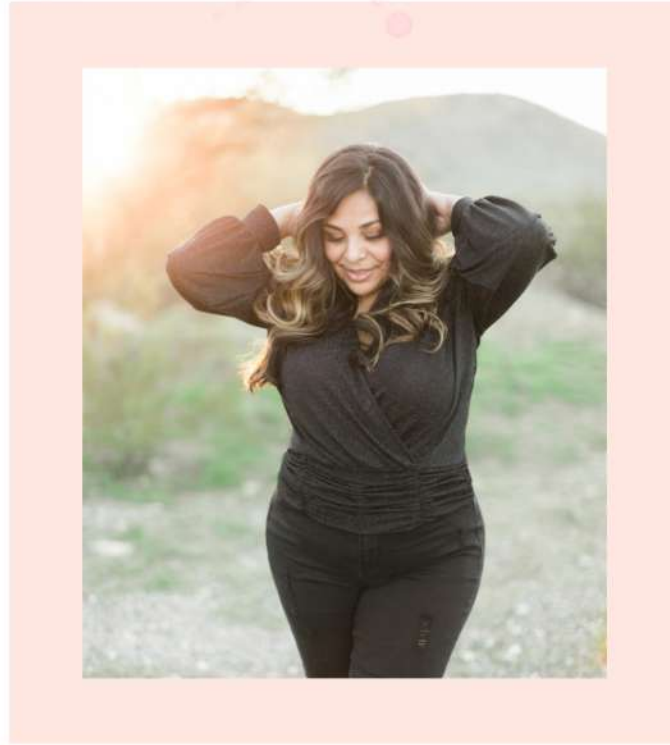


FIND A THERAPIST OR COACH

Finding a coach or therapist can be a valuable step towards pursuing self-discovery in a safe and supportive environment. Here are some reasons why seeking professional support can be beneficial:

1. **Objectivity:** A coach or therapist can provide an outside perspective on your thoughts, feelings, and behaviors. They can help you identify patterns, blind spots, and areas for growth that you may not be aware of.
2. **Safe space:** Coaches and therapists are trained to create a safe and non-judgmental space where you can explore your emotions, beliefs, and experiences. This can help you feel more comfortable and supported as you pursue self-discovery.
3. **Expert guidance:** Coaches and therapists have specialized training and expertise in helping people navigate personal challenges and achieve their goals. They can provide guidance, tools, and resources to help you make progress towards your goals.
4. **Accountability:** Having a coach or therapist as a supportive accountability partner can help you stay motivated and on track with your self-discovery journey. They can help you set goals, track progress, and stay focused on what's important to you.
5. **Growth and transformation:** By working with a coach or therapist, you can gain a deeper understanding of yourself, develop new skills and perspectives, and make meaningful changes in your life. This can lead to personal growth, transformation, and a greater sense of fulfillment.

Remember, finding the right coach or therapist is important. Look for someone who has experience working with people who share your goals and values, and who makes you feel comfortable and supported. With the right professional support, you can pursue self-discovery in a safe and empowering way.



NEED MORE INSIGHT & SUPPORT?



Denise Nicole Coaching would love to help you along your journey!! Community is everything! Please be sure to join our online program to surround yourself with other like-minded women who know exactly what you are going through and want to live an intentional life!