

TRUE SELF DISCOVERY

WORKSHEET TEMPLATES

Finding your way within...



PHOTOGRAPHY BY

KERI COOPER

CONNECTED ✿ AUTHENTIC ✿ EPIC

KAUA'I – HAWAII

My Inspiration

01

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

02

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

My Values



01 What are the things you value in life? What are your priorities?

02 List the three most important things for you. Things that give your life meaning

03 How much time are you spending on the things you value the most? Is the time spent on the most important things correlated with how much you value them?

04 If you're not spending enough time on your highest priority items then what steps can you take to change that?

How to use this template?

Below is a list of common psychological and material needs. Go over the list to identify the needs that are important to you. There's no limit on how many you can select! If there's some other need that's not on the list, feel free to add it. After you've identified the needs, answer the questions below to clarify what each of the needs means to you (since it can be very personal) and what actions can you take to fulfill them.

adventure
accepted by others
achieving success
belonging
being admired
being right
being in control
creativity
empowered
friendship
family

spiritual fulfillment
stability
status
power
being respected
getting noticed
feeling worthy
being valued
make people happy
make people laugh
intimacy

feeling love
order
feeling safe
having fun
being wealthy
being recognized
fulfilling work
expressing yourself
feeling alive
self development
free time

being loved
getting attention
feeling relaxed
personal growth
being useful
being in control
being included
supported by others
being independent
feeling needed
being unique

01

Write down your needs and what do these mean do you?

02

What steps can you take to fulfill these needs?

