

# Esprit Meraki Self-Discovery Workbook



## Introduction

Welcome to your Self-Discovery Workbook, a personal journey designed to help you explore and understand the depths of your own mind, your heart, your soul. This workbook is your companion on a path of introspection, self-growth, and transformation. By engaging with the prompts provided, you will gain insights into your true self, clarify your goals, and develop a deeper sense of purpose. Take your time with each prompt, allowing yourself to reflect honestly and fully. Let's embark on this journey of self-discovery together.



**"You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level." – Eckhart Tolle**

## Journaling Prompts

1. What are my core values?

- Reflect on the principles that are most important to you. Why do these values matter, and how do they influence your daily decisions and actions?

2. What are my greatest strengths and weaknesses?

- List your top strengths and areas for improvement. How have these traits shaped your experiences and influenced your relationships?

3. When do I feel most fulfilled?

- Describe moments in your life when you felt a deep sense of satisfaction and purpose. What activities, people, or circumstances contributed to this fulfillment?

#### 4. What are my passions and interests?

- Identify the activities and subjects that excite and engage you the most. How can you incorporate more of these into your life?

#### 5. What fears or limiting beliefs hold me back?

- Explore the fears or negative beliefs that may be preventing you from reaching your full potential. How can you begin to challenge and overcome these obstacles?

#### 6. What are my short-term and long-term goals?

- Outline your aspirations for the next year, five years, and beyond. What steps can you take to move closer to these goals?

#### 7. How do I define success and happiness?

- Consider what success and happiness mean to you personally. How do these definitions align with your current life and future aspirations?

#### 8. What legacy do I want to leave behind?

- Think about the impact you want to have on the world and the people around you. What contributions do you hope to make, and how do you want to be remembered?

#### 9. Who are my role models, and why?

- Identify individuals you admire and respect. What qualities do they possess that inspire you, and how can you emulate these traits in your own life?

#### 10. How can I practice self-care and nurture my well-being?

- List ways to take care of your physical, emotional, and mental health. What self-care practices can you implement to ensure you stay balanced and healthy?

## **Conclusion**

Congratulations on completing your Self-Discovery Workbook! By taking the time to reflect on these prompts, you have embarked on a meaningful journey toward greater self-awareness and personal growth. Remember that self-discovery is an ongoing process, and it is important to revisit these reflections regularly as you evolve and grow. Embrace the insights you have gained, and use them as a foundation to build a more fulfilling and authentic life. Continue to nurture your well-being, pursue your passions, and stay true to your core values. Your journey of self-discovery is a lifelong adventure, and each step brings you closer to your true self.