

Discover true self journal

"The better you know yourself, the better your
relationship with the rest of the world."

— Toni Collette



GET TO KNOW ME!

Hello! My name is...


Nickname

Age

Address

Birthday

Zodiac Sign



My Hobbies are...

Fun Facts About Me

My Favorite ...

Color:

Food:

Pet:

Song:

Movie:

My Motto in Life

THE ART OF KNOWING SELF

Starting to explore who you are is a special and transformative experience. This journal is your personal space to explore your thoughts, feelings, and beliefs. It helps you understand yourself and what's important to you.

What Exploring Self Means

Exploring yourself means uncovering your true self. It's like peeling back layers to find out what makes you unique. You'll ask questions, think about your experiences, and embrace both your strengths and weaknesses. Through this journey, you can uncover your values, understand your emotions, and find what makes you truly happy. This process can guide you to a more fulfilling life.

How to Use This Journal

- **Be Honest:** Write openly and honestly. This is your safe space to express yourself without worrying about judgment.
- **Stay Curious:** Keep an open mind and explore new ideas and perspectives.
- **Be Kind to Yourself:** Exploring new things about yourself can be emotional, so be gentle with yourself during this journey.

What You Can Expect

As you write and think about the prompts in this journal, you might feel different emotions and gain new insights. You might discover strengths you didn't know you had, question beliefs you held before, or reconnect with passions you've forgotten. These moments can help you learn more about yourself and live a life that feels true to you.

Begin Your Journey

There's no right or wrong way to start. Begin where you are now, and let your curiosity and intuition guide you. Remember, exploring yourself is a journey that unfolds over time. Enjoy the process and the opportunity to understand yourself better than ever before.

DAILY ENTRIES

Date: / /

M T W T F S S

Gratitude List (3 Things I am grateful for)



Positive Affirmations (I am...)



Visualization Exercise (Draw or describe your ideal day or desired outcome)

Inspired Actions (List actions you will take today to bring you closer to your goals.)

Evening Reflection: What went well today?

What could be improved?

YOUR INNER YOU

Date: _____

M T W T F S S

Tracking your habits is a powerful tool for self-discovery. By monitoring your routines, you gain insights into your strengths, weaknesses, and areas for growth.

This is a snapshot of who you are right now. Self-discovery is a journey, and your answers may change over time. Be kind to yourself and celebrate your strengths while acknowledging areas for growth.

I am a human being that..

LOVES

WANTS TO

IS DRIVEN BY

IS INSPIRED BY

HAS A HABIT OF

IS HAPPIEST WHEN

BELIEVES IN

WOULD GIVE

WILL ONE DAY

HAS THE GOAL OF

WHO NOTICES

IS AFRAID OF

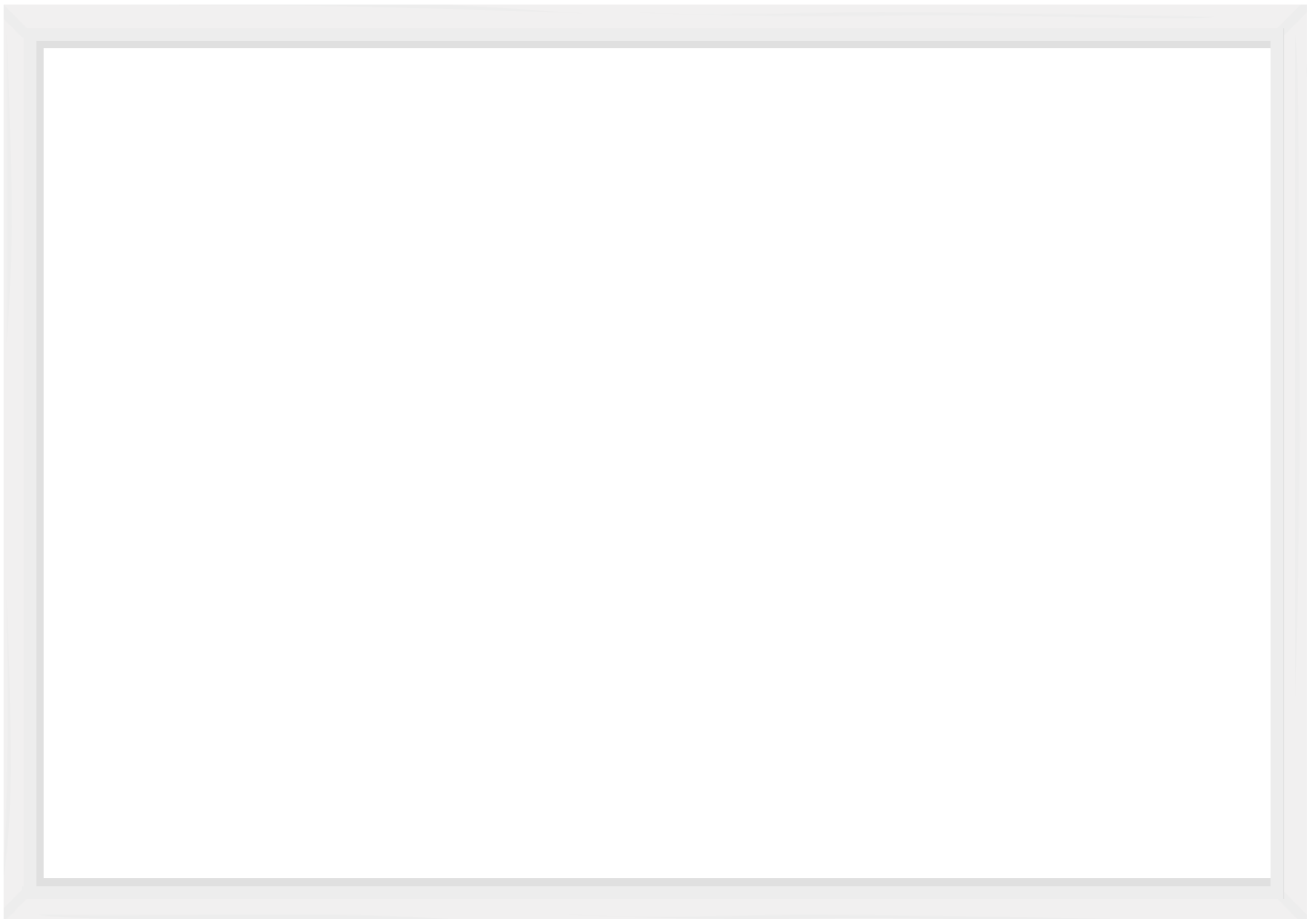
COLLAGE OF SELF

Date: / /

Create a collage that represents your current sense of self using images, words, and colors that resonate with you. This collage is a visual representation of your current self-perception, aiding self-reflection and exploration.

Instructions:

1. Collect materials like magazines, colored paper, markers, etc.
2. Think about how you see yourself now.
3. Cut out images and words that reflect your identity.
4. Arrange the cutouts on a blank page to create a visual representation of your sense of self.



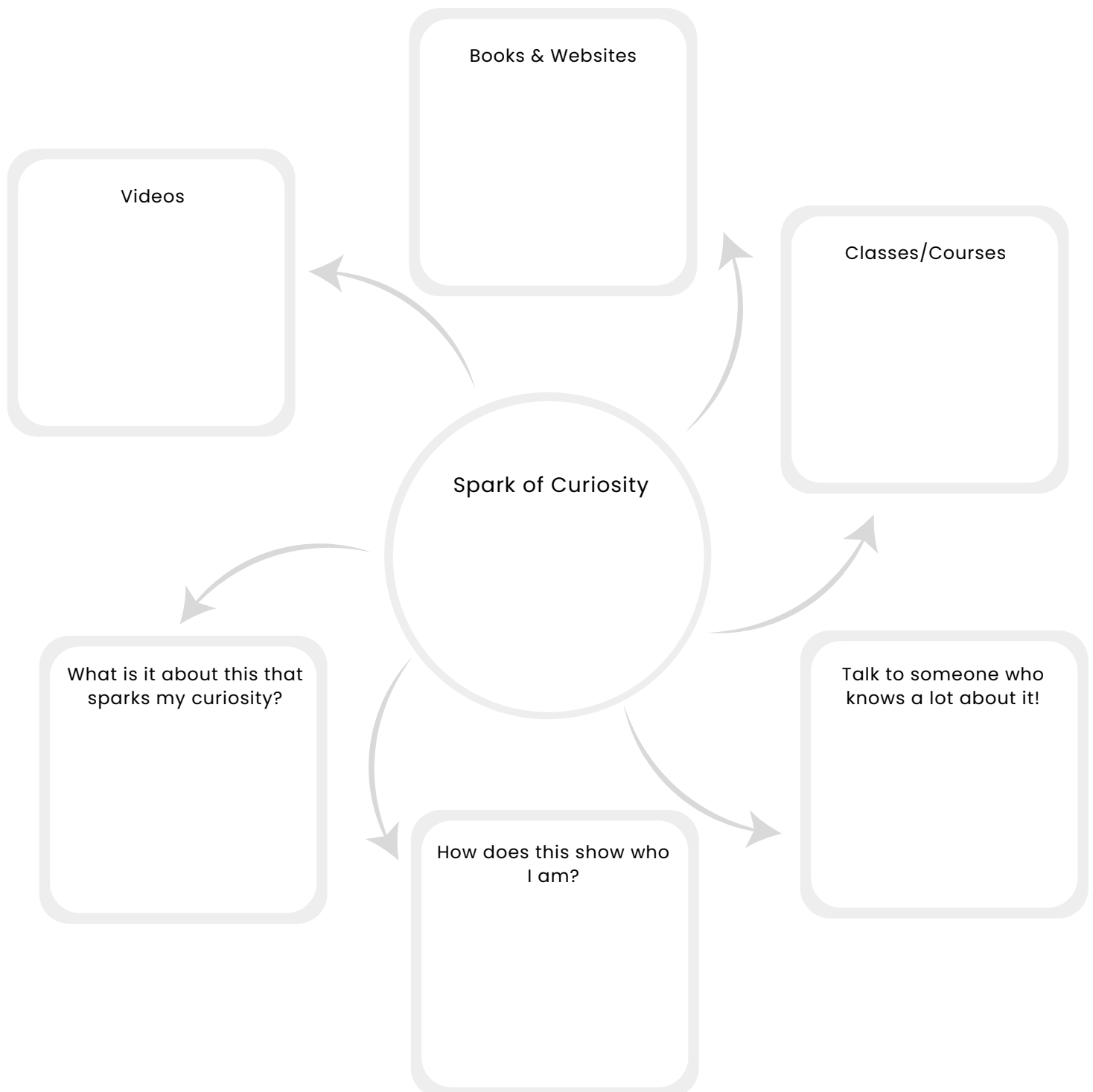
- What patterns or themes do you see? How do your choices reflect your sense of self?

CURIOSITY COMPASS

Date: / /

Exploring yourself is a lifelong adventure. Today, we'll create a "Curiosity Compass" to guide you on your journey of self-discovery through exploration!

In the center, write something you're curious about - a skill to learn (like guitar!), a time in history (dinosaurs!), or anything fun! On the branches extending from the center circle, write down specific resources that can help you learn (Books, Websites, Videos, Courses, Experts).



VALUES EXPLORATION

Date: / /

When you're figuring out who you are, it's important to think about the things that matter most to you. Your values are like a compass, guiding you through life and showing what's important.

Activity: List your core values and rank them by importance. Reflect on how they shape you and your choices. For each value, write a few sentences explaining why it is significant to you. Reflect on how each value influences your decisions and actions.

Values	Rank	Reflect on each Value
Honesty		
Kindness		
Creativity		
Integrity		
Compassion		
Respect		
Loyalty		
Courage		
Responsibility		
Trustworthiness		

STRENGTH & GROWTH AREAS

Date: _____

M T W T F S S

Think about what you're good at and what you want to get better at. This will help you understand yourself better and become the person you want to be.

Inside the fist, jot down areas where you aim to grow and improve. Write how you will develop in these areas. Outside the fist, list your strengths and explain how they make you unique and capable.



MY AWESOMENESS AWARD

Date: _____

M T W T F S S

Think of this page as a spotlight shining on your accomplishments, big or small. They all show how far you've come and the awesome things you can do.

On this page, let's brag a little about all the awesome things you've accomplished. Write down five things you're proud of, no matter how big or small they may seem. For each accomplishment, assign a rank from 1 (Pretty proud!) to 5 (Superhero status unlocked!).



WHAT'S MY LOVE LANGUAGE?

Date: _____

M T W T F S S

The concept of love languages, developed by Dr. Gary Chapman, helps individuals understand their preferred ways of giving and receiving love. The five primary love languages are: (1) Words of Affirmation, (2) Acts of Service, (3) Receiving Gifts, (4) Quality Time, (5) Physical Touch.

Here's a self-assessment activity for each love language, with a list of statements you can score from 1 to 5. Use this exercise to determine which love languages resonate most with you.

Score:

1-5

(1 - Strongly disagree,
5 - Strongly agree)

Words of Affirmation

1. I feel loved when I receive compliments or words of appreciation.	
2. Positive affirmations from others boost my confidence and mood.	
3. I enjoy receiving written notes or messages expressing love or gratitude.	
4. Words of encouragement help me stay motivated and focused.	
5. I feel valued when someone tells me how much I mean to them.	
6. Hearing "I love you" from someone important to me is very meaningful.	
7. Constructive feedback or praise helps me grow and feel appreciated.	
Total Score for Words of Affirmation	

Acts of Service

Score

1. I feel loved when someone helps me with tasks or chores.	
2. Small acts of kindness, like making me a cup of coffee, mean a lot to me.	
3. I appreciate it when someone offers to run errands or help with responsibilities.	
4. Thoughtful gestures, like cooking dinner, make me feel cared for.	
5. I feel supported when others assist me without being asked.	
6. I value actions over words when it comes to showing love.	
7. I appreciate when others go out of their way to do something nice for me.	
Total Score for Acts of Service	

WHAT'S MY LOVE LANGUAGE?

Receiving Gifts

Score

1. I feel special when I receive thoughtful gifts, no matter the size.	
2. I appreciate it when someone remembers my birthday with a gift.	
3. A surprise gift can brighten my day and make me feel loved.	
4. The effort behind a gift means more to me than its monetary value.	
5. I cherish meaningful or personalized gifts.	
6. I enjoy giving gifts to others to show my appreciation.	
7. I feel valued when someone gives me something that shows they were thinking of me.	
Total Score for Receiving Gifts	

Quality Time

Score

1. I feel loved when someone gives me their undivided attention.	
2. Spending quality time with loved ones is important to me.	
3. I appreciate it when others set aside time just for us to be together.	
4. I enjoy deep conversations that strengthen my connection with others.	
5. Doing activities together helps me feel close to people I care about.	
6. I value face-to-face interactions over digital communication.	
7. I feel more connected to others when we share experiences together.	
Total Score for Quality Time	

Physical Touch

Score

1. I feel loved through physical affection, such as hugs or kisses.	
2. Holding hands or a gentle touch makes me feel connected to others.	
3. Physical closeness is important in my relationships.	
4. I feel reassured and comforted by physical contact.	
5. I enjoy being physically affectionate with those I care about.	
6. I feel loved when someone sits close to me or puts an arm around me.	
7. A simple touch can convey more to me than words sometimes can.	
Total Score for Physical Touch	

LOVE LANGUAGE SCORE

Date:

Which love language scored the highest for you? How do you feel about this result? Does it resonate with your experiences in relationships?

.....

.....

.....

Did you score similarly high in more than one love language? How do these languages complement each other in your life?

.....

.....

.....

Are there any discrepancies between how you prefer to receive love and how you tend to show love to others?

.....

.....

.....

Do you communicate your love languages effectively to those around you?
How can you improve in expressing or asking for love in the way you best understand it?

.....

.....

.....

How has learning about your love languages changed your perspective on giving and receiving love?

.....

.....

.....

THE PERCEPTION GAP

Date: _____

M T W T F S S

Ever wonder how others see you? Today, we explore the "Perception Gap" - the space between your view of yourself and how others might perceive you. By understanding this gap, we can build stronger connections and truly shine! Let's bridge it and show the world the amazing you!

This graphic organizer will help you explore the gap between how you see yourself and how others perceive you.

[illegible]

FIND YOUR SPARK

Month: _____

By actively seeking out and capturing joyful moments, you'll gain a deeper understanding of the things that truly bring you happiness. It's a fun way to explore what makes you feel good and how you can incorporate more joy into your daily life!

Throughout the month, whenever you experience something joyful, big or small, write it down inside the jar (Ex. Hearing a funny joke, Tasting a delicious meal etc.)



FORGIVENESS JOURNAL

Date: _____

M T W T F S S

Letting go of anger and negativity can be tough, but forgiveness is like a superpower for feeling good inside. Today, we'll make a journal to help you grow kindness for yourself and others, and learn more about yourself along the way.

Understanding: Why am I still upset? (Think about why you're feeling angry)

Accepting Things: What can I accept about what happened? (Think about things you can't change)

Write the name of the person
or situation you're thinking
about forgiving.

Letting Go: What bad feelings can I let go of to feel better? (Think about releasing anger)

Growing Stronger:
How can I use this to become a stronger person? (Think about learning and growing from the experience)

DISCOVER HIDDEN TALENTS

Date: _____

M T W T F S S

Discovering hidden talents plays a crucial role in self-exploration for several reasons. By embracing the opportunity to discover hidden talents, you open doors to a deeper understanding of yourself and your potential. It's a journey of self-discovery that can lead to a more fulfilling and purposeful life.

	YES	NO
1. You can pick up on new games or puzzles quickly.	<input type="checkbox"/>	<input type="checkbox"/>
2. People often compliment you on your creativity, humor, or organization.	<input type="checkbox"/>	<input type="checkbox"/>
3. You get so absorbed in activities that you lose track of time.	<input type="checkbox"/>	<input type="checkbox"/>
4. You enjoy taking charge and leading projects.	<input type="checkbox"/>	<input type="checkbox"/>
5. You have a knack for remembering names and faces.	<input type="checkbox"/>	<input type="checkbox"/>
6. You're a natural problem-solver and enjoy figuring things out.	<input type="checkbox"/>	<input type="checkbox"/>
7. You're a great communicator and can easily explain complex ideas.	<input type="checkbox"/>	<input type="checkbox"/>
8. You like a tidy workspace and enjoy keeping things organized.	<input type="checkbox"/>	<input type="checkbox"/>
9. You're always willing to help others and offer support.	<input type="checkbox"/>	<input type="checkbox"/>
10. You're persuasive and can get others excited about your ideas.	<input type="checkbox"/>	<input type="checkbox"/>
11. You're detail-oriented and don't miss a single mistake.	<input type="checkbox"/>	<input type="checkbox"/>
12. You have a strong work ethic and are always reliable.	<input type="checkbox"/>	<input type="checkbox"/>
13. You learn best by doing and enjoy hands-on activities.	<input type="checkbox"/>	<input type="checkbox"/>
14. You're a natural leader and inspire others to follow your vision	<input type="checkbox"/>	<input type="checkbox"/>
15. You're a creative thinker and always come up with new ideas.	<input type="checkbox"/>	<input type="checkbox"/>
16. You're passionate about learning new things and expanding your knowledge.	<input type="checkbox"/>	<input type="checkbox"/>
17. You can analyze information logically and come to sound conclusions.	<input type="checkbox"/>	<input type="checkbox"/>
18. You're a great listener and can empathize with others' feelings.	<input type="checkbox"/>	<input type="checkbox"/>
19. You have a strong sense of empathy and care deeply about helping others.	<input type="checkbox"/>	<input type="checkbox"/>
20. You're a natural competitor and enjoy a good challenge.	<input type="checkbox"/>	<input type="checkbox"/>

After completing this activity, reflect on the statements you answered "Yes" to. What patterns do you see? These might be clues to your natural strengths and talents!

Remember: There are no wrong answers! This is a fun way to discover your amazing skills.

INTERVIEW YOUR FUTURE SELF

Date: _____

M T W T F S S

Imagine you could travel into the future and interview your older, wiser self. What questions would you ask? Today, you'll be your own interviewer and interviewee!

Time Travel: Close your eyes and picture yourself in the future. What year is it? How old are you? Take a moment to imagine what your life might look like.

What advice would you give your younger self?

What are you passionate about now?

What have you learned about yourself?

Have you achieved your goals?

What kind of person are you now?

RATE YOUR THINKING STYLE

Date: _____ M T W T F S S

Understanding how you think can be a powerful tool for self-discovery. Let's explore your thinking styles and how they shape your perspective. On a scale of 1-5 (1 being low, 5 being high), rate how often you use each thinking style:

Analytical: Breaking things down into parts to understand the whole.

01

02

03

04

05

06

07

08

09

10

Not VeryExtremely

Intuitive: Relying on gut feelings and instincts.

01

02

03

04

05

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07

08

09

10

Not VeryExtremely

Creative: Thinking outside the box, generating new ideas.

01

02

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10

Not VeryExtremely

Practical: Focusing on real-world applications and solutions.

01

02

03

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09

10

Not VeryExtremely

Empathetic: Considering the feelings and perspectives of others.

01

02

03

04

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09

10

Not VeryExtremely

Curious: Seeking out new information and exploring different possibilities.

01

02

03

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10

Not VeryExtremely

Strategic: Planning and organizing to achieve goals.

01

02

03

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09

10

Not VeryExtremely

Open-minded: Considering different viewpoints and being open to new ideas.

01

02

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09

10

Not VeryExtremely

Reflective: Thinking deeply about your thoughts, feelings, and experiences.

01

02

03

04

05

06

07

08

09

10

Not VeryExtremely

REFLECT ON YOUR RESULT

Date: _____

M T W T F S S

By understanding your thinking styles, you can gain valuable insights into your strengths, weaknesses, and preferences. This self-awareness can help you make better decisions, communicate more effectively, and unlock your full potential. Remember, there's no right or wrong thinking style.

Which thinking styles do you use most often?

Are there any thinking styles you'd like to develop further?

How do these thinking styles influence your decision-making and problem-solving?

Can you identify situations where different thinking styles might be helpful?

RATE YOUR CREATIVE STYLE

Date: _____

M T W T F S S

Understanding your creative strengths can help you tap into your full potential. Let's explore your creative style! On a scale of 1-5 (1 being low, 5 being high), rate how often you use each thinking style:

Ideation: Generating new ideas and concepts.

01

02

03

04

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08

09

10

Not Very

Extremely

Visualization: Creating mental images or pictures.

01

02

03

04

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09

10

Not Very

Extremely

Experimentation: Trying new things and taking risks.

01

02

03

04

05

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07

08

09

10

Not Very

Extremely

Problem-solving: Finding creative solutions to challenges.

01

02

03

04

05

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07

08

09

10

Not Very

Extremely

Expression: Communicating ideas effectively through various forms (e.g., writing, art, music).

01

02

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07

08

09

10

Not Very

Extremely

Collaboration: Working effectively with others to create something new.

01

02

03

04

05

06

07

08

09

10

Not Very

Extremely

Adaptability: Adjusting to changes and finding creative solutions in different contexts.

01

02

03

04

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07

08

09

10

Not Very

Extremely

Persistence: Staying motivated and focused on creative projects.

01

02

03

04

05

06

07

08

09

10

Not Very

Extremely

Storytelling: Creating narratives or engaging stories.

01

02

03

04

05

06

07

08

09

10

Not Very

Extremely

REFLECT ON YOUR RESULT

Date: _____

M T W T F S S

By understanding your creative strengths, you can harness your potential and approach creative challenges with confidence. Remember, creativity is a skill that can be developed with practice and exploration.

Which areas are your strengths?

.....

.....

.....

Are there any areas you'd like to develop further?

.....

.....

.....

How do your creative strengths align with your interests and passions?

.....

.....

.....

In what situations do you use your creativity most effectively?

.....

.....

.....

HABIT TRACKER

Week no.:

Month:

Tracking your habits is a powerful tool for self-discovery. By monitoring your routines, you gain insights into your strengths, weaknesses, and areas for growth.

Choose Your Habits

- Self-care: Sleep, exercise, meditation, healthy eating.
- Mindfulness: Gratitude journaling, deep breathing, mindful walking.
- Personal Growth: Reading, learning new skills, setting goals.
- Relationships: Quality time with loved ones, acts of kindness.
- Productivity: Time management, task completion, focus.

DREAM BIG, LIVE BIGGER

Date: / /

Dreams are the building blocks of your future. By dreaming big, you open yourself up to endless possibilities. So let your imagination soar and create a future that inspires you!

Step 1: Close Your Eyes and Imagine Picture your perfect life. What does it look like? Where are you? Who are you with?

Step 2: Capture Your Dreams Open your eyes and write down everything that comes to mind. Don't overthink it, just let the ideas flow freely.

Step 3: Break It Down Choose one dream that excites you the most. Break it down into smaller, achievable steps.

Step 4: Believe in Yourself Remind yourself that anything is possible. Visualize yourself achieving your dreams.

CONQUER & DISCOVER

Date: / /

Overcoming challenges isn't just about finding solutions; it's a powerful journey of self-discovery. Let's explore how conquering obstacles can reveal your inner strength and resilience.

Choose Your Challenge: Think of a tough time you've been through. It can be big or small.

Tell the story: Describe what happened. How did you feel?

Your inner hero: What qualities did you discover within yourself? (brave, strong, creative?)

Lessons Learned: What did you discover about yourself? (Maybe you're more resilient than you thought!)

Moving Forward: How can you apply these newly discovered strengths to future challenges?

GOAL SETTING

Date: / /

Setting goals is more than just planning for the future; it's a powerful tool for self-discovery. By setting goals aligned with your values and passions, you'll gain a deeper understanding of yourself and your purpose. Enjoy the process of self-discovery!

Let's explore how your goals align with your values and passions.

Short-Term Goals (Achievable within days to months, focusing on immediate actions or outcomes.)

Medium-Term Goals (Spanning months to a few years, aiming for significant progress or milestones.)

Long-Term Goals (Ambitions over several years or more, requiring sustained effort and planning for major achievements or life changes.)

CHILDHOOD INFLUENCES

Date: _____

M T W T F S S

Look back at your childhood to discover more about yourself. Your early experiences have shaped who you are today. By reflecting on these memories, you can gain insights into your behaviors and beliefs.

Explore the stories of your past to better understand the person you've become.

Year:Age:

Event 1

Description:

Emotions:

Reflection:

Year:Age:

Event 2

Description:

Emotions:

Reflection:

Year:Age:

Event 3

Description:

Emotions:

Reflection:

Year:Age:

Event 4

Description:

Emotions:

Reflection:

Year:Age:

Event 5

Description:

Emotions:

Reflection:

FACING FEARS

Date: / /

Fears can teach us a lot about who we are and what we can achieve. By tackling our fears, we can discover our strengths and understand ourselves better.

In this activity, we will look at fears that have held us back and see them as opportunities for growth. As we face each fear bravely, we will uncover new things about ourselves and realize our hidden abilities.

List of Fears ex. Fear of public speaking	Fear Assessment (/10) ex. 6/10	Fear-Conquering Mantra ex. I am capable and strong. I embrace challenges with courage.	Action Plan ex. Enroll in a public speaking course by August 15.
Fear of public speaking			
Fear of failure			
Fear of rejection			
Fear of heights			
Fear of confrontation			
Fear of being judged			
Fear of change			
Fear of making mistakes			

LETTER TO YOUR FUTURE SELF

Date: _____

M T W T F S S

Exploring who you are is like going on a treasure hunt within yourself. Imagine talking to the future version of you. What wisdom and self-discovery would you want to share? Write the essence of your current self and your hopes for the future.

Activity: Pen a letter to your future self, expressing your current dreams, challenges, and feelings. Sign and date the letter to mark this moment of self-exploration and growth.



FINAL REFLECTION

Date: / /

What have you learned about yourself during this self-exploration journey?
Reflect on any new insights, strengths, or areas for growth that you have discovered.

How can you continue to nurture your self-discovery and personal growth in the future?
Consider strategies for maintaining self-awareness and learning more about yourself over time.

JOURNALING NOTES

Date: / /