



Self-Discovery



1.



What felt most natural to me today?

2.



What did I pretend to enjoy?

3.



What did I say yes to when I wanted to say no?

4.



What made me lose track of time?

5.



What opinion of mine has changed recently?

6.



What am I outgrowing?

7.



What am I curious about right now?

8.



Which version of myself shows up around different people?

9.



What value did I actually live by today?

