

## GETTING TO KNOW MYSELF WORKSHEET



**Take some time with a journal to handwrite your answers to these questions to get you started on your journey to deeper self knowledge.**

How much time do you spend alone just thinking?

What habits do you have in place that allow you to constantly be learning about yourself?

What do you know you could do, but haven't?

What do you spend your time on?

What are all of the things you do that help you to take care of yourself?

- mental
- physical
- spiritual

What do you do for fun?

What do you enjoy about yourself?

What are your best traits?

What are your defects of character? Meaning what things about you could honestly be improved so that you could live a happier life and have better relationships?

What are you willing to commit to in order to learn more about yourself?

Who can help and support you?

### BOOKS TO EXPLORE

- How to Meet Yourself and How to do the Work by Nicole Lepera
- 8 Rules of Love by Jay Shetty
- The Mountain is You by Brianna Wiest
- The Laws of Human Nature by Robert Greene
- Living with Joy by Sanaya Roman
- The Journey of the Heroic Parent by Brad Reedy
- Who Am I by The School of Life



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