7 DAYS OF

Self Peflection

BY @KYSE.THE.THERAPIST

WHAT ARE YOUR 5 CORE VALUES AND WHAT DO THEY MEAN TO YOU? HOW

DO THESE VALUES ALIGN WITH YOUR ACTIONS AND CHOICES? TO BECOME

YOUR IDEAL SELF, WHAT ARE 5 ADDITIONAL VALUES THAT YOU WOULD LIKE

TO EMBODY GOING FORWARD?

HOW DO EACH OF THESE THINGS BRINGS POSITIVITY INTO YOUR LIFE? HOW
CAN YOU INCORPORATE MORE GRATITUDE AND POSITIVITY INTO YOUR DAILY
ROUTINE?
ROUTINE:

011 11 A D D\

DESCRIBE A RECENT CHANGE OR TRANSITION IN YOUR LIFE. HOW DID IT
IMPACT YOU EMOTIONALLY? WHAT ARE SOME POSITIVE ASPECTS THAT
RESULTED FROM THE CHANGE? WHAT CAN HELP YOU EMBRACE CHANGE IN
GENERAL GOING FORWARD, AND VIEW IT AS AN OPPORTUNITY FOR GROWTH?

WHAT ARE THREE SHORT-TERM GOALS THAT ALIGN WITH YOUR PERSONAL GROWTH AND SELF-IMPROVEMENT. WRITE THEM DOWN AND OUTLINE SPECIFIC ACTION STEPS TO ACHIEVE EACH GOAL. HOW WILL ACHIEVING THESE GOALS CONTRIBUTE TO YOUR OVERALL WELL-BEING?

WHEN WAS THE LAST TIME YOU FELT WHOLEHEARTEDLY ALIGNED WITH YOUR
HAPPINESS? HOW DO YOU FEEL TODAY? HOW HAVE YOU BEEN MANAGING
YOUR EMOTIONS LATELY? ARE THERE ANY PATTERNS OR TRIGGERS YOU HAVE
NOTICED?

DESCRIBE THREE ACTIVITIES OR PRACTICES THAT BRING YOU JOY AND NOURISH YOUR WELL-BEING. WHAT ARE THEIR IMPACTS ON YOUR EMOTIONAL STATE? HOW CAN YOU PRIORITIZE AND INTEGRATE THESE ACTIVITIES INTO YOUR DAILY ROUTINE?

WHAT ARE SOME POSITIVE CHANGES YOU'VE MADE THIS MONTH? WHAT IMPROVEMENTS HAVE YOU NOTICED IN YOURSELF? LETS CELEBRATE YOUR PROGRESS AND IDENTIFY AREAS WHERE YOU WOULD LIKE TO CONTINUE GROWING.