



5 THINGS ABOUT ME THAT MATTER

Strengthening our self-narrative means learning about ourselves in the simplest ways. If we are to leverage the experiences of our lives, we must look at ourselves through a window of curiosity. This is a brief exercise into self-discovery about some of the resources that already exist within you.

1. What habits do I already have that I feel good about?
(e.g., I greet colleagues when I pass by them. I listen to music. I walk my dog...)

2. What is an example of a kind thought I have had or could have toward myself or another at least once?

3. Name one time or more in your life when you were able to show up to your fear?
(e.g. I was nervous about showing up but I went to _____.)

4. If I could change one thing about the world in a positive way it would be:

5. The simplest joy I have ever experienced is:

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