



Why is self-reflection important to you?



What is inspiring your self-reflection journey?



How authentic of a person are you?



Are you staying true to yourself?



What do you value the most in life?



Where do your deepest values come from?

Do you feel you are in alignment right now?

What choices are you making for your higher good?



Are you open to feedback?



Are you willing to learn new things?



How often do you embrace change?



What about change scares you?



When is the last time you went through a big change?

How did you handle that big change in your life?

List your unique talents that came naturally to you.

Which of these talents do you utilize most often?



What do you feel is special about you?



What makes you feel alive?	



When do you feel the most like yourself?



What was the last epiphany you had?	



What was a big turning point in your life?

What are some things you have had to unlearn?



What is something you have changed your
perspective on?



What is something you will never change your perspective on?

List some of the best advice people have given you.

What is the most impactful thing said to you?



How are you staying present?



What makes you truly happy in life?	



How often do you feel blissfully happy?

What often gets in the way of your happiness?



What do you believe is worth fighting for?



Do you think you are a good person?



What makes you a good person?	

How do you feel you could improve as a person?



Who inspires you to be a better person?



What are some qualities of your character?

If someone wrote a character letter about you, what would it say?



Are you currently the best version of you?



How could you be a better version of you?



What are some decisions you regret?



How have your actions shaped your life?

What have you learned about yourself recently?

What do you want to be more self-aware about?

What are you trying to learn more about yourself?



How do you fit in your community?

How are you bringing more calmness to your life?



What makes you feel calm and relaxed?



Are you living a peaceful life?



What does it mean to you to be peaceful?



How do you resolve conflicts?



Describe a big conflict you resolved.



How do you handle stressful events in your life?

How are trying to improve your ability to handle stress?



Are you a critical or rational thinker?



What makes you feel more empowered?



How are you taking your power back?

Do you feel like you are living with intention?



Describe the ideal way to live your life.



List some situations that make you feel
uncomfortable.

What is one way you can step out of your comfort zone?

What are some accomplishments you are proud of?



What is a big challenge you have overcome?



Where are your strengths?



Where are your weaknesses?



How confident of a person are you?



What affects your self-confidence?



What are your current life goals?



How are you taking action on your goals?



How do you feel when you are in nature?



What is your favorite way to spend a day off?

Who would you most love to spend a day off with?



How do you spend rainy days?



How often do you read for pleasure?



What relaxing activities do you really love?



How do you choose to practice self-care?



How often do you allow yourself to rest?



How do you deal with failure?



What do you have a healthy perspective on?

Thoughts

What do you have an unhealthy perspective on?



What do you feel you take for granted?



List your worries for the future.



What is your biggest worry?



List what you are excited about for the future.



What are you most excited about?

Thoughts

What are some acts of kindness you have done?



How are you making the world a better place?



What is your love language?



How is love an important part of your life?

Thoughts

What is the most meaningful thing in your life?



How much compassion do you have?



What always makes you cry?



How do you express your emotions?



How do you deal with physical pain?	



How do you deal with emotional pain?

Thoughts

What is some hard advice you needed to hear?



How strong is your intuition?



Are you good at following your intuition?



When do you doubt your own intuition?



List words you would use to describe yourself.

Thoughts

Use words other people would use to describe you.



NEED TO MAKE A CHANGE?



IT'S YOUR TIME TO BREAK THE CYCLE

I understand the need to dig deep into our stories, the ones we tell ourselves that often aren't as true as we think. I've been there, feeling trapped in a cycle of self-doubt and negative self-talk, where the stories I told myself held me back from truly shining. It's like wearing a label that doesn't fit anymore.

I know the frustration of feeling stuck in a narrative that doesn't celebrate my growth or the person I'm striving to become. That's exactly why I created this course – to help us break free, rewrite our stories, and step into our light with confidence and joy. May I invite you to accept this complimentary gift?

STAND TALL IN YOUR BRILLIANCE



IT'S YOUR TIME

