



MY SELF-DISCOVERY

Journal





Discoveries from my Self-Assessment

Things I do to take care of my mental health

Things I don't do and why

Things I'd like to do more of and why

Other thoughts



1. What brings me joy and contentment in my daily life?

Explore the simple moments, activities, or experiences that genuinely make you feel happy and content. (Draw, write, whatever you feel connected to)

Reflect on WHY these moments matter to you

Reflect on HOW you might incorporate more of these things into your life.



2.

What are the biggest sources of stress in my life, and how do I typically respond to them?

Identify the sources of stress or challenges you face and your typical coping mechanisms.

Are your current coping strategies effective? In what ways are they effective?

Are there healthier ways to respond to stress?



3.

How do I practice self-compassion and self-care, especially during challenging times?

How do you treat yourself during difficult moments?

Do you think you practice self-compassion and self-care during difficult times?

What are some ways you can practice kindness towards yourself during challenging situations?
