

Self-Discovery Worksheet

Questions to Deepen Your Connection with Self

Use these questions as journal prompts, reflection points, or meditative inquiries. There's no right or wrong pace only honesty, compassion, and curiosity.

Identity & Authenticity

Who am I when no one is watching?

What masks do I wear, and who taught me to wear them?

If I stripped away the roles (friend, partner, healer, worker), what remains?

Emotional Awareness

What emotions do I allow myself to feel fully? Which ones do I avoid?

What does my anger try to protect?

What does my sadness want to reveal?

When was the last time I truly sat with myself, without trying to fix or change anything?

Desire & Fear

What do I long for most in this lifetime and what am I afraid it might cost me?

What would I do if I wasn't afraid of being too much... or not enough?

Where am I still hiding, and why?

Self-Acceptance

What parts of myself do I find hard to love? Why?

What stories do I tell myself that keep me small or safe?

What patterns repeat in my life and what wound might they be circling?

Truth & Belief

What does "truth" feel like in my body?

When have I felt closest to something divine, eternal, or deeply sacred?

What beliefs guide me and do they feel like mine, or someone else's?

Inner Child & Wisdom

What did I need as a child that I still crave now?

If I could whisper one truth into the ear of my younger self, what would it be?

Worth & Self-Love

In what ways am I still trying to earn love or worth?

What would radical self-acceptance look like for me?

Vision & Alignment

If I lived my life aligned with my soul, how would it look and feel differently?

Who am I becoming and what am I ready to release in order to meet them?

Embodiment & Energy

When you close your eyes and meet your truest self, what do you look like?

Describe not only your appearance but also your energy, your posture, your glow.

How do you feel in your own skin?

Morning & Daily Flow

How do you feel in the first few moments of the day?

Do you wake up in peace, with anticipation, with gratitude? What is the first thought that greets you in the morning?

What does a typical day in your fully aligned life look and feel like?

Move through it hour by hour, how do you spend your time, and how do those choices make your body and spirit feel?

Environment & Sacred Space

Where do you live, and what does that sacred space reflect back to you?

Is your home a mirror of your soul's peace and creativity?

What energies live there with you?

What fills your space physically and energetically?

Which items, scents, colors, sounds, and textures surround you? Do they hold meaning? Do they bring you joy, comfort, and clarity?

Joy & Nourishment

What brings genuine joy into your being traits, rituals, dreams, beliefs?

Not performative happiness, but deep, soul-fed joy. What lights you up from the inside?

What do you nourish your body with, and how do those choices feel energetically?

What do you eat, drink, and take in not just for survival, but for pleasure, clarity, vitality, and love?

SOUL OASIS HEALING

Relationships & Reflection

Who walks beside you in this life you've envisioned?

Who uplifts you, holds you accountable, celebrates your growth, and reflects your values? Who feels like soul family?

Are there people currently in your life who don't align with your dream life?

Without judgment, ask: Why? What discomfort, fear, or pattern might their presence be mirroring back to you?
