

# Discover YOU

CHALLENGE

## WITH THE SUMMER SEASON UPON US, WE BEGIN ANOTHER PERIOD OF TRANSITION AND GROWTH.

*Below are 30 prompts, questions and ideas to embrace the light and warmth of the season, using it to grow, relax and explore getting to know yourself better.*

1. My favorite way to spend the day is \_\_\_\_\_
2. If I could talk to my younger self, the one thing I would say is \_\_\_\_\_  
\_\_\_\_\_
3. Two moments I'll never forget in my life are...(recall what makes them unforgettable)  
\_\_\_\_\_
4. List of 10 things that make you smile \_\_\_\_\_  
\_\_\_\_\_
5. The words I'd like to live by are \_\_\_\_\_
6. I couldn't imagine living without \_\_\_\_\_
7. When I'm in pain (physical or emotional), the kindest thing I can do for myself is \_\_\_\_\_  
\_\_\_\_\_
8. Make a list of the people in your life who genuinely support you, and who you trust.  
(Then make time to hang out with them.) \_\_\_\_\_
9. What does unconditional love look like for you? \_\_\_\_\_
10. What would you do if you loved yourself unconditionally? How can you act on these things, whether you do or don't? \_\_\_\_\_
11. I really wish others knew this about me. \_\_\_\_\_
12. Name what is enough for you. \_\_\_\_\_
13. If my body could talk, it would say \_\_\_\_\_
14. Name a compassionate way you've supported a friend recently. Then write down how you can do the same for yourself. \_\_\_\_\_
15. What do you love about life? \_\_\_\_\_



16. What always brings tears to your eyes? (As Paulo Coelho has said, "Tears are words that need to be written.") \_\_\_\_\_
17. Recall a time when work felt real to you, necessary and satisfying. Paid or unpaid, professional or domestic, physical or mental. \_\_\_\_\_
18. Write about your first love —whether a person, place or thing. \_\_\_\_\_
19. Using 10 words, describe yourself. \_\_\_\_\_
20. What's surprised you the most about your life, or life in general? \_\_\_\_\_
21. What can you learn from your biggest mistakes? \_\_\_\_\_
22. I feel most energized when \_\_\_\_\_
23. What would you never want to change? \_\_\_\_\_
24. Write a list of questions to which you urgently need answers. \_\_\_\_\_
25. Make a list of everything that inspires you — from books to websites to quotes to people to paintings to stores to the stars. \_\_\_\_\_
26. What's one topic you need to learn more about to help you live a more fulfilling life? (Then learn about it.) \_\_\_\_\_
27. I feel happiest in my skin when \_\_\_\_\_
28. Make a list of everything you'd like to say no to. \_\_\_\_\_
29. Make a list of everything you'd like to say yes to. \_\_\_\_\_
30. Write the words you need to hear. \_\_\_\_\_

