

# SELF-DISCOVERY EXERCISE

DO YOU CURRENTLY HAVE ANY **BASIC NEEDS** THAT ARE NOT BEING MET? \_\_\_\_\_

IF YES, WHAT ARE THEY?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

WHAT ACTIONS CAN YOU START TAKING TODAY THAT WOULD BEGIN TO SATISFY THOSE NEEDS?

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*Many people are going through life pursuing wants and find that they are stuck because their basic needs are not being met. Taking care of your basic needs puts your body in a stronger and more positive state to help you move towards your wants!*

**DO YOU CURRENTLY HAVE ANY PSYCHOLOGICAL NEEDS THAT ARE NOT BEING MET? \_\_\_\_\_**

**IF YES, WHAT ARE THEY?**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**WHAT ACTIONS CAN YOU START TAKING TODAY THAT WOULD BEGIN TO SATISFY THOSE NEEDS?**

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*We as human beings need to feel accepted and part of society. Whether it is with one person or a group, we need to have relationships. The feelings of belongingness and acceptance help us grow our esteem. Having a healthy esteem level gives you the confidence and motivation to move towards bigger results in your life!*

**DO YOU FEEL YOU HAVE ALL OF YOUR NEEDS MET? \_\_\_\_\_**

**IF YES, WHAT ARE SOME DREAMS OR GOALS YOU WANT TO CREATE?**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**WHAT ACTIONS CAN YOU START TAKING TODAY THAT WOULD MOVE YOU ONE STEP CLOSER TO YOUR WANTS?**

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*You are motivated and ready to start creating! Your life feels complete and you are ready to move to another level.*

**DID YOU COMPLETE A PERSONALITY ASSESSMENT? \_\_\_\_\_**

**(If no, move to next page)**

**IF YES, WHAT DID YOU CONFIRM OR DISCOVER ABOUT YOURSELF?**

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**HOW DO YOU FEEL YOUR NATURAL TRAITS CAN BE USED TO HELP YOU IN RESULTS ACHIEVEMENT MOVING FORWARD?**

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*Great job in completing the assessment. You are willing to open your mind to discovery and learning. When you see yourself more clearly it gives you an understanding of what comes to you naturally. You can now call on those abilities with confidence when moving towards results achievement!*

**IF NO, WHAT **EMOTION** DID YOU FEEL WHEN YOU WERE ASKED TO COMPLETE AN ASSESSMENT? (frustration, anger, fear, anxiety, etc.)**

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**PLEASE DESCRIBE IN DETAIL WHY YOU **FELT** THIS WAY.  
(It is important to be honest and write out your answer.)**

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**READ THE ABOVE RESPONSE.**

**HOW OFTEN DOES THIS RESPONSE COME UP WITH OTHER SITUATIONS IN YOUR LIFE?**

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*Avoidance can sometimes be a coping mechanism we create so that we do not have face things. Being aware that it is there is key. Think about your written response. Are there other areas in your life where you apply this feeling? The more you can open up your mind and discover about yourself, the more open you will be all around.*