

## DISCOVERING YOURSELF; FINDING YOU (PART 1)

**Task:** Complete the question prompts to answer critical questions that can guide you in documenting your self-discovery reflections. You can write this on a notebook, computer, or even do a voice note instead! The most important thing is that you can keep or save these for future use and reflections.

### Know who you are.

- ✚ What are your innate abilities? What are you best at doing?
- ✚ What are your interests and what are you genuinely passionate about?
- ✚ What makes you happy? What makes you sad? What affects your mood?
- ✚ What problems of this world (small or big, locally, or internationally) do you worry about and think you can contribute towards their solutions?
- ✚ What gets you excited for life and living? What activities make you feel like you are doing something great for yourself or for the world?

### Success and challenges

- ✚ What was your background like growing up?
- ✚ What were you exposed to?
- ✚ What were/are your challenges?
- ✚ What's your experience with failure?
- ✚ What have been your successes and achievements?
- ✚ What is your experience with successes?

### Values and Belief System

- ✚ Have you defined your core personal values? What are those things that you hold dear and can't compromise on? What do you stand for?
- ✚ What is your belief system?
- ✚ What are your priorities in choosing people you associate with or in life in general?
- ✚ What are those things you can't tolerate, that is a no-go area for you?

### Personality

- ✚ What is your personality like? Describe it with as much detail as you can.
- ✚ Are you an extrovert, introvert or ambivert?
- ✚ Do you consider yourself fun to be around, one who reaches for fun, fast-paced, excitable, or do you consider yourself as more laid-back, calm, maybe more calculated and thorough with your decisions.

*Note: There are several good (free) personality evaluation tools online that could help you understand your personality further.*

### Triggers and Mental Health

- ✚ What do you understand by Mental Health?
- ✚ What are the sore points, issues or topics that triggers you, your place of insecurities or pain or anxiety?
- ✚ What circumstances or situations dig up some aspects of your past that you would rather remain buried or forgotten?
- ✚ Have you had a chance to confront those issues, or seek professional help?
- ✚ What affects your mental health negatively?
- ✚ What improves, optimizes or stabilizes your mental health considerably?

### Friends and Circle of Influence

- ✚ Who are your friends?
- ✚ Who influences you the most?
- ✚ What easily influences you?
- ✚ Who are the people you keep around you and count on for support?
- ✚ Who are the people you call mentors, the people you admire and look up to, the people you want to emulate?
- ✚ What qualities do you like and admire about your mentors and friends?
- ✚ What kind of people do you attract? What kind of energy do you seem to always have around you? What kind of people and things attract you?

### Life Expectations

- ✚ What do you want from life?
- ✚ What are your expectations for or of yourself for as long as you live? How do you want to live your life?
- ✚ What do you see as ideal for yourself?
- ✚ What impact do you want to create?

Note that these are not exhaustive questions, but its a great starting point and usually, when you start this process of self-discovery, some of your questions and findings may evolve or lead to more answers or questions. While these are fundamental to your self-discovery process, feel free to add more questions and answers if you feel the need to. All the best!

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**Remember to share your experience completing this exercise in the comments section of the [YouTube video](#). How did you feel? Was it illuminating or otherwise? Let's learn from you!**

**In addition, I would love to see what you have come up with and documented. If you would like to share your written reflections or discuss it with me, send me an email at [kiki@onehealthdev.org](mailto:kiki@onehealthdev.org) or [schedule a meeting with me](#).**