



# The Depths Within



*Worksheets for navigating depth year*

These worksheets are intended to be a helpful guide while embarking on a period of going deeper within oneself. They are also meant to outline what going deeper looks like for you, what goals you wish to work on during this period, what you want to refrain from and checking in with yourself for accountability during the process.

The original concept of a depth year was coined by David Cain on his blog Raptitude. I have included links to 2 of his posts on the subject to familiarize yourself with his vision of depth year.

<https://www.raptitude.com/2017/12/go-deeper-not-wider/>

<https://www.raptitude.com/2018/12/why-the-depth-year-was-my-best-year/>

I would say the first step is figuring out how long you'd like your depth period to be. For me, the idea of a year long commitment seemed daunting so I modified it to 6 months. What makes sense and seems manageable to you and your life? Make a promise to yourself to commit to the time period you come up with.

The next step is to begin outlining your goals for your depth period. In his blog, David speaks about not acquiring new projects that often end up left to the wayside but focusing on some projects you have already acquired and going deeper within them. This could be anything from a hobby or subject you intended to learn, a daily or regular practice, or a skill set you wanted to get better at. I've included 3 spaces in the following section for outlining some goals. You can add more or less depending on your needs but remember to keep things manageable.

The other sections included in these worksheets are designed to help with the other areas surrounding the depth period concept. Always, always take what resonates with you and leave what doesn't. I've also included space for journaling and note taking. The whole idea of these worksheets is to help keep you on track with your depth journey. One last thing, journeys like this are never linear, be kind to yourself during the process and revise if necessary. Read that again. I wish you the best on this journey exploring the depths within. ♥



# The Beginning



*Establishing a timeline*

How long do I feel my depth journey should be?

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When do I plan to begin this depth journey?

Start date: \_\_\_\_\_

End date: \_\_\_\_\_

What are some things that would help me stay motivated during this period?

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# Goals



*Diving Deeper*

Goal #1:

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Goal #2:

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Goal #3:

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# Narrowing In



*Establishing Your Parameters / Curbing Consumerism*

Where can I cut back on purchases?	Where might I want to make exceptions?
Time wasting habits I'd like to avoid	Books on my shelf I'd like to read



# Monthly Check-In



*Print 1 for each month needed*

**Month #:** \_\_\_\_\_

How am I doing with the goals I've set for myself this month?

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What areas am I struggling with this month?

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Where might I need to revise my goals/parameters to ease any struggles I am experiencing?

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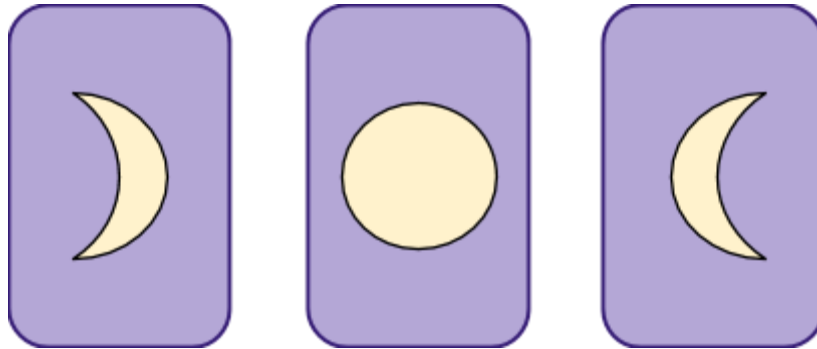


# Adding Tarot



*Guidance from the cards*

This section is completely optional but tarot can offer great guidance during this depth journey. One way to incorporate tarot would be to draw a few cards during your monthly check-ins to give insight on your struggles and strengths. Another option could be to do a reading at the beginning of your depth journey and one at the end and compare the two to see how you've grown or what key lessons you've learned during this period. There is a lot of room to play if you choose to add tarot into your depth journey. Below I have included a 3 card monthly check-in spread you can use if you wish.



Card 1: Where am I struggling the most this month?

Card 2: How can I turn my struggle into strength?

Card 3: What advice do I need moving forward?

OR

Card 1: Where have I grown the most this month?

Card 2: What am I learning about myself from this growth?

Card 3: How can I go deeper within moving forward?



# Thank You



Looking deep within oneself is no easy task but I hope these worksheets can provide some structure and guidance for your journey. As everyone will have a different and personal experience with exploring their depths, take what resonates with you and leave the rest.

Please understand that this is a free offering I have created for public use. I own the intellectual property contained within these worksheets and no part of them may be used for profit or recirculation without my written permission. If you would like to reach out to me for any questions or inquiries my contact information can be found below.

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