

*Wildly Grounded
Identity Scan
Journal*

{ a new way to discover who you are }

with Nikki Kraus





*Welcome,
beautiful soul.*

You found your way HERE for a reason.
This journal is a gentle doorway back to
yourself.

Take your time. Pour something delicious
to drink. Breathe deeply. Let your soul
guide your pen.

I wrote this just for you. It's your space.
Take what you love. Leave what serves
you not.

Nikki

XoXoXo





Before you begin...

Lets do a gentle grounding ritual.

First, close your eyes. Inhale for 4 counts,
hold for 2, exhale for 6. Repeat 3x.

Now, place your hand on your heart.
Whisper: I am safe. I am loved. I am
completely ready to meet myself.

Finally, in the space below, write your
intention for this journal journey...

I am here to discover. _____

Here we go...



Wildly Grounded Identity Scan

My name is

My birthday is

The reason I am doing this is because...

Today's date is



Wildly Grounded Identity Scan

Let's wander back into your childhood....

1. Grab your favorite pen
2. Turn on some soft music
3. Take a journey back into your past and remember the very first dream you ever had.

What color(s) do you remember?

What animals were there?

Were there any people?

What took place in your dream?





Wildly Grounded - Zodiac

When + Where + What time were you born?

Go to my website link and fill out your chart info

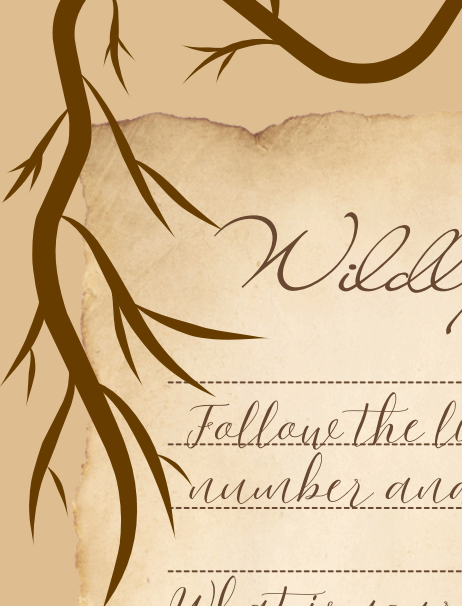
What is your sun sign?

Which aspects of your sign feel most aligned?

What is your moon sign?

What part of your chart reflects who you've always known yourself to be?

Where do you resist or doubt your nature?



Wildly Grounded - Enneagram

Follow the link and identify your Enneagram number and wings

What is your Enneagram number?

Do you identify with this number or your wings?

How do your fears show up in your daily life?

How can embracing your type support your best self?



Wildly Grounded - Values

Follow the values link and identify your top ten values from the chart that is attached

Write down your top ten values here:

How can you make these values more integrated into your day-to-day life?



Wildly Grounded Reflection

In conclusion, how does this identity scan hit you down deep?

What themes keep appearing?

Which values, traits or memories feel most essential to your life's purpose?

Who are you becoming when you step into this fully aligned with this self?

[illegible]



You did it!

You have met yourself here. You have done
the hard work of reflecting, discovering
and honoring your deepest truth.

That was a lot.

Carry this new-found awareness into your
days ahead. Step lightly. Stand firmly. Live
boldly in your Wildly Grounded self.

If you feel called to go deeper, I invite you
to book your free Identity Activation
Session. Together, we will build a roadmap
from this sacred knowing into your best life

Click on the link on my website to
book or simply send an email to
theenikkikraus@gmail.com

