

Getting to know me.



Self awareness & insight journal

NAME: _____

WELCOME

Hello.

Getting to know yourself is a gentle but powerful step towards living a more fulfilling life. When we grow in self-awareness, it can open the door to greater self-compassion and a stronger sense of self-worth.

Sometimes, when life feels overwhelming or we lose touch with ourselves, it's easy to drift into living for the approval of others. This space is here to help you come home to yourself—at your own pace, with kindness and curiosity.

The exercises in this workbook are here to support you as you explore your values, strengths, and sense of purpose. They're not a replacement for one-to-one therapy, but they can be a helpful companion—especially during longer breaks or alongside your counselling journey.

I'd suggest taking some time out once a week to complete one of the themes, and then using the journal prompts once a day - but it's up to you however you use it. Be curious, be gentle and be kind.

Madeleine

WORKBOOK SECTIONS



1

- Wheel of life
- Exploring me
- Daily journal prompts

2

- Strengths inventory
- Self gratitude
- Daily journal prompts

3

- What and who is my inner critic?
- Challenging my inner critic
- Daily journal prompts

4

- Cognitive Distortions
- The inner coach
- Daily journal prompts

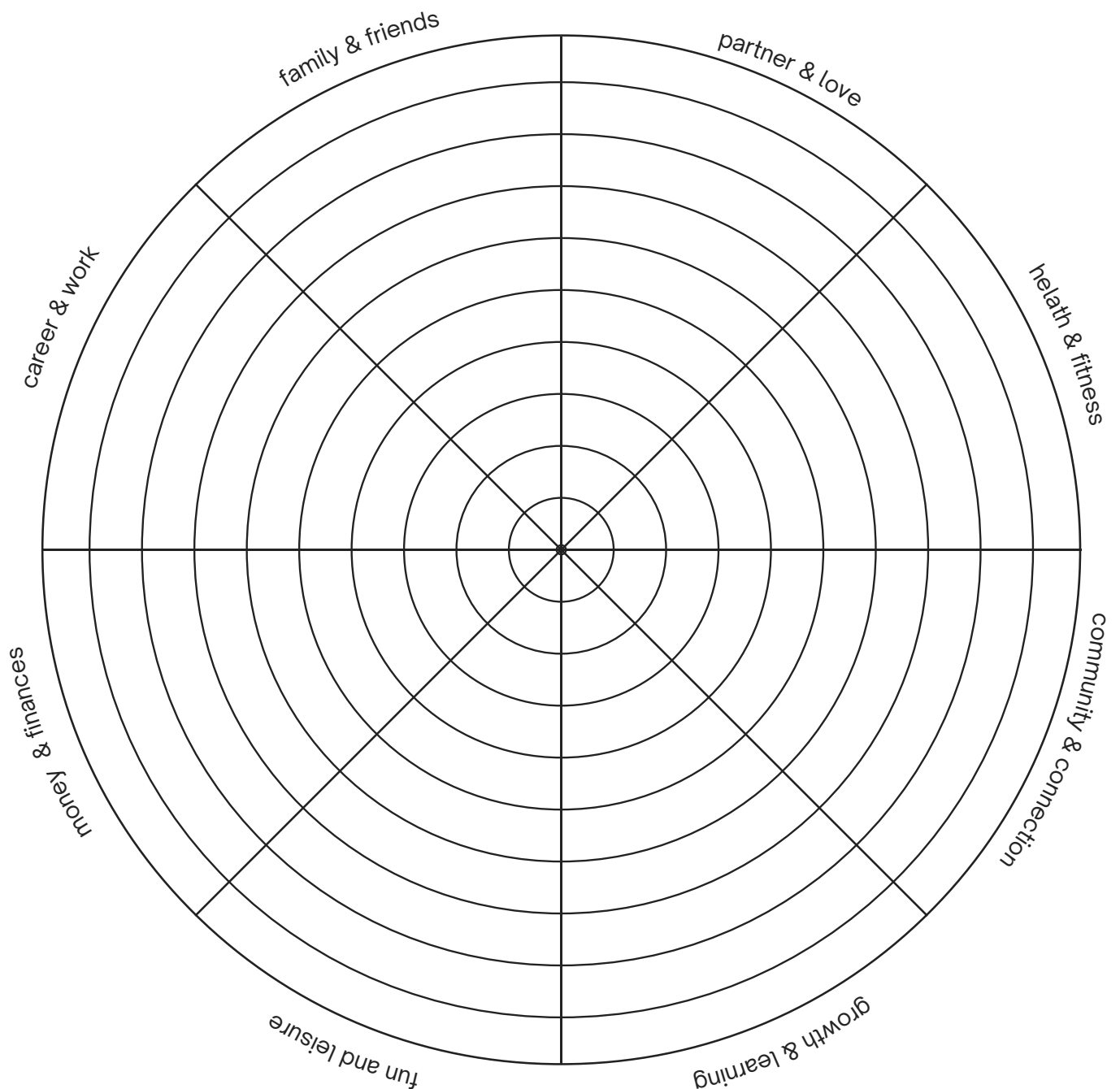
1

Wheel of Life

Take a moment to explore the areas on the Wheel of Life below. You can add or change these if others are appropriate for you. Gently reflect on what a fulfilling or satisfying life might look like for you in each area—there's no right or wrong, just your personal sense of what matters.

Now, look at each segment and mark how satisfied you currently feel in that area.

- Imagine the centre of the wheel is 0 (not satisfied at all) and the outer edge is 10 (completely satisfied).
- Pick a number between 1 and 10 that honestly reflects how you feel right now.
- Colour that section of the wheel up to the corresponding line.



Go with your first instinct—trust the number that comes to mind straight away. This is about your felt experience, not what you think it “should” be.

1

Reflections

How do you feel about your life as you look at your Wheel?

Are there any surprises for you?

What would a score of 10 look like in any of these areas

Which of these categories would you most like to improve?

How could you make space for these changes in your life?

What help and support might you need from others?

If there was one key action you could take that would begin to bring everything into balance, what would it be?

Exploring me

THINGS I'M GOOD AT

COMPLIMENTS I HAVE RECEIVED

WHAT I LIKE ABOUT ME

CHALLENGES I HAVE OVERCOME

I'VE HELPED OTHERS BY

I'M A GOOD FRIEND BECAUSE

MY BIGGEST ACCOMPLISHMENTS

THINGS THAT MAKE ME UNIQUE

Journal

DAY 1

DATE:

MON TUE WED THU FRI SAT SUN



MY MOOD TODAY

3 THINGS I AM GRATEFUL
FOR TODAY

3 REASONS I HAVE TO
LAUGH AND SMILE

SELF-REFLECTION

DAY 2

DATE:

MON TUE WED THU FRI SAT SUN



MY MOOD TODAY

3 THINGS I ENJOYED
ABOUT TODAY

3 REASONS WHY
MY FAMILY LOVE ME

SELF-REFLECTION

DAY 3

DATE:

MON TUE WED THU FRI SAT SUN



MY MOOD TODAY

I FELT PROUD OF
MYSELF WHEN

3 SMALL SUCCESSES
I HAD TODAY

SELF-REFLECTION

DAY 4

DATE:

MON TUE WED THU FRI SAT SUN



MY MOOD TODAY

THE HIGHLIGHT OF
MY DAY WAS

MY BEST ATTRIBUTES
ARE

SELF-REFLECTION

DAY 5

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 UNIQUE THINGS
ABOUT ME

I FEEL MOST PROUD
OF MYSELF WHEN

SELF-REFLECTION

DAY 6

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

THINGS I AM EXCITED
FOR

3 THINGS IN LIFE THAT
I AM THANKFUL FOR

SELF-REFLECTION

DAY 7

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I AM IN MY ELEMENT
WHEN

3 THINGS WHAT MADE
ME SMILE TODAY ARE

SELF-REFLECTION

WEEKLY REFLECTION

I AM PROUD OF MYSELF THIS WEEK BECAUSE....

THIS WEEK I HAVE LEARNT...

THE COMPLIMENT I WANT TO GIVE MYSELF IS...

2

Strengths Inventory

Taking time to notice your strengths is not self-indulgent—it's an act of self-recognition and self-compassion. We often focus on what we're not doing well, but today is about gently tuning into what you do bring to the world—qualities that are already within you, whether or not you always feel confident in them.

This exercise is here to help you remember who you are when you feel most aligned, capable, and grounded.

Think of **five** personal strengths you believe you have—these might be traits like empathy, determination, creativity, or humour.

For each strength, write about a time in your life when you used it.

Reflect gently on how recognising this strength makes you feel.

My Strength	Example of When I Used This Strength	How It Made Me Feel
Empathy	I listened to a friend who was going through a breakup and helped them feel less alone.	I felt connected, purposeful, and proud of my ability to hold space for someone.

Adaptable
Ambitious
Articulate
Calm
Candid
Capable
Charismatic
Clear-headed
Communicative
Competitive
Considerate
Cooperative
Courage
Creative
Curious
Decisive
Dedicated
Determined

Devoted
Diligent
Efficient
Emotional intelligence
Empathetic
Energetic
Enthusiastic
Experienced
Flexible
Flexible
Focused
Forthright
Frank
Hard-working
Helpful
Honest
Humble
Humor

Imaginative
Independent
Innovative
Insightful
Intellectual strength
Intuitive
Inventive
Involved
Kind
Mature
Methodical
Meticulous
Motivated
Natural Leader
Neat
Objective
Open-minded
Organized

strengths

Outspoken
Painstaking
Passionate
Patient
Perceptive
Persuasive
Polite
Positive
Practical
Proactive
Problem-solving
Prudent
Punctual
Realistic
Reliable
Resourceful
Respectful
Responsible

Responsive
Seasoned
Self-confident
Self-directed
Self-disciplined
Sensible
Sincere
Sociable
Systematic
Systematic
Team Player
Thorough
Thoughtful
Trustworthiness
Versatile
Well-rounded
Willing

2

	My Strength	Example of When I Used This Strength	How It Made Me Feel
1			
2			
3			
4			
5			

2 Write yourself a letter

Dear _____

I wanted to take a moment to thank you for our life together. Looking back, I want to thank you for....

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

I am grateful for what we have achieved and can't wait to see what our future holds!

With love,

Journal

DAY 8

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 THINGS I LIKE ABOUT
MYSELF

3 REASONS I HAVE TO
SMILE

SELF-REFLECTION

DAY 9

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I AM IN MY
ELEMENT WHEN..

3 REASONS WHY
MY FAMILY LOVE ME

SELF-REFLECTION

DAY 10

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I TOOK CARE OF
MYSELF TODAY BY...

3 SMALL SUCCESSES
I HAD TODAY

SELF-REFLECTION

DAY 11

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

THE HIGHLIGHT OF
MY DAY WAS

I KNOW I AM GOOD
AT...

SELF-REFLECTION

DAY 12

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I FEEL STRONG
WHEN...

I DESERVE LOVE
BECAUSE...

SELF-REFLECTION

DAY 13

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

THINGS I AM EXCITED
FOR

3 THINGS IN LIFE THAT
I AM THANKFUL FOR

SELF-REFLECTION

DAY 14

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I FOUND JOY TODAY
BY..

I MADE SOMEONE SMILE
RECENTLY WHEN...

SELF-REFLECTION

WEEKLY REFLECTION

I AM PROUD OF MYSELF THIS WEEK BECAUSE...

THIS WEEK I AM GRATEFUL FOR...

THE COMPLIMENT I WANT TO GIVE MYSELF IS...

3

What is the inner critic?



The inner critic is that familiar voice inside our minds that can be quick to judge, harsh in its tone, and often deeply unkind. It might tell us we're not good enough, question our worth, or replay past mistakes with a sense of shame.

Everyone has an inner critic—it's part of being human.

But for some, and sometimes, this voice becomes especially loud and persistent, making it hard to feel confident or live with a sense of ease. Over time, it can shape the way we see ourselves, other people, and the world around us, often distorting our view and feeding into negative self-beliefs.

When the inner critic takes over, it can really affect our mental well-being. We might feel our self-esteem slipping, question our abilities, or struggle to recognise our own strengths.

Gently becoming more aware of this voice—and learning how to respond to it with compassion—can be an empowering part of reclaiming our inner sense of value and self-trust.

3 Who is my inner critic?

Jay Earley and Bonnie Weiss describe seven types of inner critics, each with a unique “voice” and underlying message.

These voices often form early in life as protective mechanisms but can become harsh or restrictive.

Acknowledging them with curiosity and compassion is the first step toward reducing their influence.

The Perfectionist

This critic demands flawlessness and holds impossibly high standards. It focuses on mistakes and minimises achievements, creating anxiety around performance and failure.

“You should have done that better—why can’t you ever get it right?”

The Inner Controller

Concerned with managing impulses, this critic uses guilt or shame to try to keep you disciplined. It fears you’ll lose control and be judged or punished if you give in to certain behaviours.

“You’re so weak—you’ll never be able to stop messing things up.”

The Taskmaster

This voice drives you to work harder and equates productivity with self-worth. It creates pressure and burnout by never allowing you to rest or feel satisfied.

“You haven’t done enough today—you’re falling behind.”

The Underminer

The underminer chips away at your confidence and discourages you from taking risks. It tries to protect you from failure or rejection by convincing you you’re not capable.

“You’re not smart or confident enough to try that.”

The Destroyer

A toxic critic, attacking your very sense of self and identity. It’s might be internalised from early trauma and makes you feel inherently unworthy or broken.

“You’re a failure—nothing you do matters.”

The Guilt-Tripper

Focused on past actions or perceived wrongs, this critic keeps you in a loop of shame and responsibility. It can prevent healing by making it difficult to move forward or forgive yourself.

“You let everyone down—you should feel ashamed.”

The Conformist

This critic wants you to blend in, avoid attention, and stick to what’s socially acceptable. It often stems from fear of rejection or abandonment and limits authentic self-expression.

“Don’t speak up—they’ll think you’re ridiculous.”

3 *Understanding my inner critic*

Which inner critic do I hear most often, and in what situations does it tend to appear?

Where might this critic's voice have originated—whose voice or message does it echo?

How does this inner critic affect my self-worth, relationships, or willingness to take risks?

3 *Understanding my inner critic*

The inner critic can be a source of great stress. Can you think of times when it has caused you stress or self-sabotage?

If you could talk to your inner critic right now, what might you say to it to stand up to it?

What would it be like to meet this inner critic with compassion?

Journal

DAY 15

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

THE LAST TIME I
OVERCAME FEAR WAS..

A COMPLIMENT I
RECEIVED RECENTLY

SELF-REFLECTION

DAY 16

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

SONGS THAT BOOST
MY MOOD

TODAYS ACT OF
SELF CARE WAS..

SELF-REFLECTION

DAY 17

DATE:

MON TUE WED THU FRI SAT SUN



MY MOOD TODAY

I CHALLENGED MY
INNER CRITIC BY..

A SUCCESS I HAD
TODAY

SELF-REFLECTION

DAY 18

DATE:

MON TUE WED THU FRI SAT SUN



MY MOOD TODAY

I LOVE MYSELF
WHEN..

I WANT TO LEARN
TO LOVE...

SELF-REFLECTION

DAY 19

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY MOST PEACEFUL
MOMENT OF THE DAY
WAS..

I AM GRATEFUL
FOR..

SELF-REFLECTION

DAY 20

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY MOST PRIZED
ITEM IS..

MY MOST PRECIOUS
MEMORY IS..

SELF-REFLECTION

DAY 21

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I FOUND JOY TODAY
BY..

I MADE SOMEONE SMILE
RECENTLY WHEN...

SELF-REFLECTION

WEEKLY REFLECTION

I AM PROUD OF MYSELF THIS WEEK BECAUSE....

THIS WEEK I HAVE LEARNT...

THE COMPLIMENT I WANT TO GIVE MYSELF IS...

Understanding Cognitive Distortions & Your Inner Critic

Cognitive distortions are unhelpful thinking patterns that often show up automatically—especially when we're stressed, uncertain, or feeling vulnerable. They can twist reality in ways that increase anxiety, self-doubt, or hopelessness. These distortions fuel the inner critic, giving it ammunition to attack your self-worth or decisions.

For example, if you make a small mistake at work and your mind jumps to "I always mess things up", that's a distortion called overgeneralisation. The inner critic seizes on that thought and piles on: "You're not cut out for this—you'll never succeed."


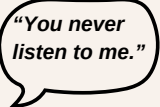
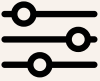





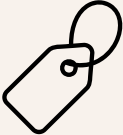



Left unchallenged, these patterns can shape how you see yourself, others, and the world—often unfairly and unkindly.

Why It Helps to Notice and Challenge Them

When you learn to spot cognitive distortions, you take power away from the inner critic. You create space for a wiser, more compassionate voice—your inner coach—to come forward. This voice doesn't ignore mistakes or challenges, but it speaks with balance, encouragement, and perspective.

By gently questioning thoughts like "I'm not good enough" and replacing them with more realistic ones—"I'm learning and growing, just like everyone else"—you're actively strengthening your inner coach and supporting healthier self-esteem.

In the following pages, you'll find examples of common distortions and practice exercises to help you gently reframe them. You're not trying to be perfect—just a little kinder, a little more curious, and a little more truthful with yourself.

 <p>All-or-Nothing Thinking Or, Black and White thinking. Seeing things in extremes—if it's not perfect, it's a failure. <i>E.g., "If I don't succeed completely, I'm a total failure."</i></p>	 <p>Overgeneralisation Viewing a single event as part of an endless pattern. <i>E.g., "I didn't get the job. I'll never be successful."</i></p>	<p>Mental Filtering Focusing only on the negatives and ignoring the positives. <i>E.g., "I got good feedback, but they mentioned one thing I need to improve—so it was a disaster."</i></p> 
 <p>Discounting the Positive Minimising or rejecting positive experiences as not counting. <i>E.g., "They were just being nice—they didn't really mean it."</i></p>	<p>Jumping to Conclusions Making assumptions without evidence, often in two forms: Mind reading: "They must think I'm incompetent." Fortune telling: "I just know this is going to go badly."</p> 	<p>Catastrophising Expecting the worst-case scenario or blowing things out of proportion. <i>E.g., "If I make a mistake, I'll lose everything."</i></p> 
<p>Emotional Reasoning</p>  <p>Assuming that your feelings reflect objective truth. <i>E.g., "I feel anxious, so something must be wrong."</i></p>	<p>Should Statements Criticising yourself or others with rigid rules. <i>E.g., "I should always be confident," or "They shouldn't act that way."</i></p> 	<p>Labelling</p>  <p>Assigning global labels to yourself or others. <i>E.g., "I'm a failure," "They're no good."</i></p>
<p>Personalisation</p>  <p>Blaming yourself for events outside your control. <i>E.g., "They're upset—it must be because of something I did."</i></p>	<p>Blaming</p>  <p>The opposite of personalisation—blaming others for your feelings or outcomes. <i>E.g., "I'm unhappy because they don't support me."</i></p>	<p>Magical Thinking</p>  <p>Believing you are either entirely responsible for everything—or entirely powerless. <i>E.g., "It's all up to me," or "There's nothing I can do about it."</i></p>

4

Testing your thoughts

When you notice your mood getting worse, or you find yourself engaging in unhelpful behavior, asking yourself these questions might be helpful.

1. What is the situation?
2. What am I thinking or imagining?
3. What is the cognitive distortion? (optional)
4. What makes me think the thought is true?
5. What makes me think the thought is not true or not completely true?
6. What's another way to look at this?
7. If the worst happens, what could I do then?
8. What's the best that could happen?
9. What will probably happen?
10. What will happen if I keep telling myself the same thought?
11. What could happen if I changed my thinking?
12. What would I tell my friend or family member [think of a specific person] if this happened to them?
13. What would be good to do now?

Just because you thought it, doesn't mean it is true!

4

We all have an internal voice that comments on our thoughts, actions, and feelings. But not all inner voices are the same. As well as the critic, we also have a coach – and learning to tell them apart can be a powerful step toward self-awareness and growth.



The Inner Coach

In contrast to the inner critic, the inner **coach** is supportive, grounded, and encouraging. It doesn't pretend everything is perfect, but it speaks with compassion and helps you learn and grow. It might say:

"That was hard—and you're doing your best."

"What can you take from this experience and try differently next time?"

"You have overcome things before. Let's take it one step at a time."

The inner coach helps build **confidence, resilience, and motivation**. It holds you accountable, but in a kind and constructive way.

Learning to quiet the critic and strengthen the coach can be transformative. Over time, you can develop an inner voice that lifts you up rather than holds you back.

4

Coaching your Coach

Step 1

Write down a recent moment where your inner critic was active.

What was happening at the time?

e.g., I made a mistake at work, I was running late, I looked in the mirror)

What did the inner critic say?

e.g., "You're useless," "You'll never get it right," "Everyone's judging you")

Step 3

Reframe with Compassion

Now rewrite the inner critic's message in a kinder, more balanced way.

Original Inner Critic Thought:

e.g., "I **always** mess everything up."

Compassionate Reframe:

e.g., "I made a mistake, but I'm learning. One moment doesn't define my worth."

Step 2

Gently challenge your inner critic. Perhaps use these prompts:

Is what the inner critic said 100% true?

What's the evidence for and against it?

Would I say this to a friend in the same situation?

What would my coach say instead?

Is this voice helping me grow—or holding me back?

Step 4

What does your inner critic sound like?
What would you name it?

Giving your inner critic a name or character can help create distance.

e.g., "Perfectionist Pete," "The Judge," "Anxious Anna"

Reflection

What did you learn from this exercise?

What can you do to develop your inner coach?

What do you need from others to support you?

Inner Critic or Coach?

INNER CRITIC

I don't think I
can do it

I don't know
how to do it

I don't like
challenges

This is too
hard

I'm not smart
enough

I always make
mistakes

INNER COACH

I'll keep
trying

I'll figure out
a different
way

Challenges
help me
grow

If I keep
practicing, it will
get easier

I'll give it my
best effort

I can learn
from my
mistakes



Journal

DAY 22

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

MY INNER COACH IS...

3 WAYS TO BOOST
MY MOOD

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<hr/>	<hr/>
<hr/>	<hr/>

SELF-REFLECTION

DAY 23

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I APPRECIATE MY
BODY BECAUSE...

I WAS KIND TO
MYSELF TODAY BY...

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

SELF-REFLECTION

DAY 24

DATE:

MON TUE WED THU FRI SAT SUN



MY MOOD TODAY

3 THINGS I AM
GRATEFUL FOR

A SUCCESS I HAD
TODAY

SELF-REFLECTION

DAY 25

DATE:

MON TUE WED THU FRI SAT SUN



MY MOOD TODAY

I CHALLENGE
MYSELF TO...

AND I WILL
CELEBRATE BY...

SELF-REFLECTION

DAY 26

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I FEEL CONTENT WHEN...

I AM A GOOD FRIEND
BECAUSE...

SELF-REFLECTION

DAY 27

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I FEEL MOST
CONFIDENT WHEN...

3 REASONS I DESERVE
TO BE LOVED

SELF-REFLECTION

DAY 28

DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I CAN SILENCE MY
INNER CRITIC BY...

I SHOWED MYSELF
COMPASSION TODAY BY...

SELF-REFLECTION

WEEKLY REFLECTION

I AM PROUD OF MYSELF THIS WEEK BECAUSE....

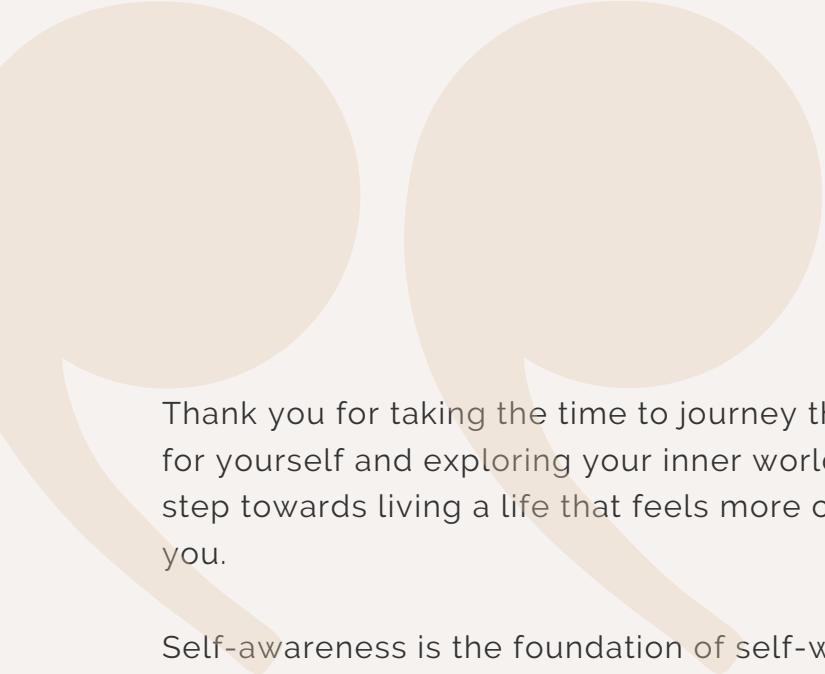
THIS WEEK I HAVE LEARNT...

THE COMPLIMENT I WANT TO GIVE MYSELF IS...

Journaling Prompts

Here are some additional gentle yet powerful journal prompts to support you in exploring personal strengths, affirming self-worth, and building resilience. You can pick these up any time you like over the month, or use them to carry on your own self-exploration.

- What personal qualities have helped me get through difficult times?
- What is something I've done that I feel proud of – no matter how big or small?
- When have I felt most like 'myself'? What was happening? Who was around me?
- What strengths do others see in me that I sometimes overlook?
- How do I respond to setbacks—and what does that reveal about my resilience?
- What are three things I've done in the past year that required courage?
- What makes me feel worthy beyond achievements or productivity?
- When have I bounced back from something I thought I couldn't handle?
- What self-talk do I use when I'm struggling? What would a kinder voice sound like?
- If I believed I was enough just as I am, how would I treat myself today?
- When have I surprised myself—in a good way? What did I learn about myself?
- What would I say to my younger self about their worth and strength?



Thank you for taking the time to journey through this workbook. By showing up for yourself and exploring your inner world, you've taken a gentle but powerful step towards living a life that feels more connected, more authentic, and more you.

Self-awareness is the foundation of self-worth. As you've reflected on your values, strengths, and purpose, you've begun the process of coming home to yourself—at your own pace, and in your own way. That's something to be truly proud of.

You can return to these pages anytime you need a moment of grounding, encouragement, or gentle clarity. Whether you've worked through it slowly, dipped in and out, or followed it week by week—there's no wrong way to care for yourself.

So as you move forward, keep being curious, keep being kind, and keep listening to the quiet wisdom within you. You are worthy of your own care and compassion - always.

With warmth and encouragement,



Madeleine