



# *A Sun Spirit Self Discovery Invitation*

## **Happy Sunshine Vibes ,**

In order to know who you are, you must also know what you are not.  
You must know what you do not want, what you have been accepting that does not lift you, and what no longer feels like your best expression of self.

How can you truly know your best self when you have never met them before.  
This is your moment to meet the parts of you that have been waiting to rise.  
This is your time to channel into your own spirit with honesty and with compassion.

Before you begin, prepare your space.  
Find a quiet place that feels safe for your heart.  
Gather your pen and paper. If you can, use a number two pencil with simple paper so you can write freely.  
Do not be afraid to scratch things out or rewrite exactly how you feel.  
You are discovering yourself in real time.

Things may come up that you did not expect.  
A question you answered today may feel different the next time you return.  
This is natural. This is growth. This is awakening.

Take this time for you.  
You deserve it.  
You deserve to know yourself.  
You deserve to meet your best self.  
You deserve to rise into who you are becoming.

## **With Freedom,**

*Herbs Honey Love*



## Pencil Magic

### Questions for Inner Clarity

1. Who am I when I am alone with my thoughts
2. Who am I when I feel safe
3. Who am I when I am not trying to impress anyone
4. Who am I becoming
5. Who am I when my soul feels free
6. What do I value the most in life
7. What makes my spirit feel alive
8. What drains my energy
9. What do I need more of
10. What do I need less of
11. What makes me happy
12. What makes me sad
13. How long have I been feeling this way
14. What am I longing for
15. What am I afraid to say out loud
16. What do I need to forgive myself for
17. What am I proud of
18. What do I believe my purpose is
19. How do I show myself love

20. What parts of me need healing

### **Daily Affirmations**

I know myself more deeply each day

I honor my feelings with compassion

I am safe to explore who I truly am

I allow my spirit to evolve

I am worthy of clarity and peace

I release the stories that do not belong to me

I choose healing with every breath

My happiness matters

My sadness teaches me

I trust the wisdom rising within me

I create a life that feels like mine

My soul is guiding me

I am becoming the truest version of myself

# Where is your energy flowing?

## Emotional Check In

What makes me happy?

Write your joyful moments and sensations here.?

What makes me sad?

**Write what creates heaviness here.**

How long have I been feeling this way

Reflect honestly on where the feeling began

## Boundaries

Take some time and reflect on if you have boundaries? If so, what do they look like, and how do they serve you? Boundaries are essential for maintaining your well-being and creating healthy relationships. They are the limits you set to protect your emotional, physical, and mental space. Consider instances where you felt overwhelmed or drained—these moments can often highlight areas where boundaries may need strengthening or reevaluation.

Identifying your boundaries begins with understanding your needs and values. Reflect on situations where you felt respected and safe, and contrast them with those where you felt vulnerable or taken advantage of.

Boundaries can be as simple as setting aside time for yourself, saying no to commitments that don't align with your priorities, or communicating your needs clearly with others.

As you explore this, remember that boundaries are not walls meant to isolate you but bridges to connect you with others in a healthier way. They empower you to engage with the world from a place of self-respect and mutual understanding. Embrace the journey of defining and reinforcing your boundaries as a vital part of your self-care practice, and trust that doing so will foster a more balanced and fulfilling life.

Thank yourself for taking the time to invest in you.

Celebrate the courage it takes to embark on this journey of self-discovery and recognize the strength that lies within you. Embrace each step forward, knowing that every moment spent nurturing your inner world is a gift to yourself. As you continue to explore and unravel the layers of your being, remember that you are deserving of all the love and understanding you offer to yourself. Keep shining your unique light and allow it to guide you toward a future filled with authenticity and joy.

**With Freedom,**

*Herbs Honey Love*