

SELF-AWARENESS

ACTIVITY JOURNALING

"Knowing others is wisdom, knowing yourself is Enlightenment." — Lao Tzu

In our human desire to fit in and be accepted, we often end up outsourcing our sense of self to others. We are so focused on conforming to external expectations and seeking approval that we forget what we truly love and value deep within ourselves.

Activity journaling can be a powerful tool to put you back in touch with your inner self and re-discover what you truly love. As an observer of your own life, you record your daily experiences, noting what genuinely lights you up and what leaves you feeling drained.

This practice helps you reconnect with your authentic preferences, guiding you towards a life filled with activities and choices that align with your true self. Because only once we discover who and what makes us flourish can we use this knowledge to create a meaningful life that truly resonates with our innermost desires and passions.

ACTIVITIES OR PEOPLE	REFLECTION: How did I feel during and after this? (e.g. energized, drained, excited, calm, anxious, ...)