

52 weeks

writing to reveal your authentic self

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Mayra Porrata

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Dare to declare who you are.

Hildegard of Bingen

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this journal**

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How to use this journal

Life reveals itself when we're open, present, and willing to explore the deeper layers of our existence. Each revelation acts as a guide, helping us understand ourselves, others, our place in the world, and our connection to something greater than ourselves. To this end, this journal is divided into 5 sections (shown below), each with a set of questions for consideration and reflection.

Retrospection - 10 weeks

Questions that invite you to **look back** on or **review past events** or situations in your life.

Extrospection - 10 weeks

Questions that invite the examination of the influences from **others** and the **external environment** that informed or shaped your thoughts, beliefs, view of self, belonging, and worldview.

Introspection - 10 weeks

Questions that invite you to **look inward** and reflect on your own mental and emotional processes-- in particular your thoughts, feelings, beliefs, and behaviors.

Divine nature - 10 weeks

Questions that invite the exploration of the **unnoticed** or **unspoken**-- soul, True Self/Higher Self, God/Source, Mother Nature, the sacred or divine in your life.

Revelation - 12 weeks

Questions that delve into the **deeper truths, insights, or new understanding** about yourself, others, and life previously hidden or unclear.

How to use this journal

For each section:

1 Review question bank

2 Select question for the week

3 Write the selected question

4 Reflect and write here
(NOTE: Use following page if additional space is needed)


REVELATION	WEEK 52
QUESTION:	

Repeat this process each week to the best of your willingness and ability.

The purpose of this journal is personal insight with the ultimate goal of benevolent behavior change and personal peace - *peace from the inside-out*. 💜

Retrospection





Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.

Marie Curie

Retrospective question bank

(select 10)

1. What am I proud of?
2. What am I grateful for?
3. What challenges have I overcome?
4. What painful experiences have informed my life?
5. Who were the most influential adults in my childhood and why?
6. How did my disabilities, handicaps, or chronic conditions inform my sense of self?
7. If none, from Q6, how did the disabilities, handicaps, or chronic conditions of others inform me and my sense of self?
8. If I could, what would I redo?
9. What is one thing I'm still angry about?
10. Who or what from my past do I need to forgive?
11. Was my childhood idyllic or challenged and how did it prepare me for my life?
12. What has gone well for me?
13. What kind of person was my best friend when I was 5-years-old?
14. What early memories or experiences shaped my self-understanding?
15. In what ways did my place of birth shape my early-life experiences?
16. What informed my parents and the way they raised me?
17. What places, people, or things did my family or caregivers fear?
18. What places, people, or things did my family or caregivers love?
19. How did my family's attitudes and beliefs about gender, race, or nationality impact my world view and behaviors?
20. How have my life experiences contributed to my personal growth, development, and personal peace?
21. What family traditions or rituals did I grow up with? How have they influenced my sense of identity?
22. Which of these traditions (from Q. #21), if any, do I continue to practice or plan to pass on to my children?
23. When did I start believing and trusting in myself?

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Extrospection



The background of the image is a grayscale reproduction of Michelangelo's famous fresco, "The Creation of Adam." It depicts two hands reaching toward each other in a gesture of divine spark or human aspiration. The hand of God on the right is extended, with the index finger pointing just inches from the index finger of the reclining Adam on the left. The overall tone is ethereal and contemplative, with soft lighting and a hazy, dreamlike quality.

We belong here, we belong to each other, we
belong to our planetary home, we belong to
our entire universe.

Jude Currivan

Extrospection question bank

(select 10)

1. What values and beliefs did I inherit from my family of origin?
2. How did these values or beliefs influence my sense of belonging?
3. How did the place (zip code, town, state, or country) I grew up in shape me and my views of the world around me?
4. How did the relationships and roles within my family influence my self-understanding and belonging?
5. How do my religious views influence my thoughts, beliefs, and emotions?
6. What common human values do I share with people from other countries, faiths or cultures?
7. How have my religious or spiritual beliefs shaped my worldview and actions?
8. How do I educate myself about different cultures to foster understanding and respect?
9. How has media (tv, print, social, etc.) influenced my thinking and behaviors and has this brought me closer or further from others?
10. How do my political views/affiliation influence my thoughts, beliefs, and emotions and has this brought me closer or further from others?
11. How does my understanding of the universe influence my perceptions of cultures, languages, and nationalities on Earth?
12. How do I contribute to the growth and development of others in my family or community?
13. How has my culture influenced or informed my understanding of gender roles, national identity, colonial history, or racial dynamics?
14. How have experiences of exclusion or discrimination shaped my sense of identity and self-worth?
15. How does understanding the historical context of colonialism, racism, or sexism help me make sense of contemporary issues related to these topics?

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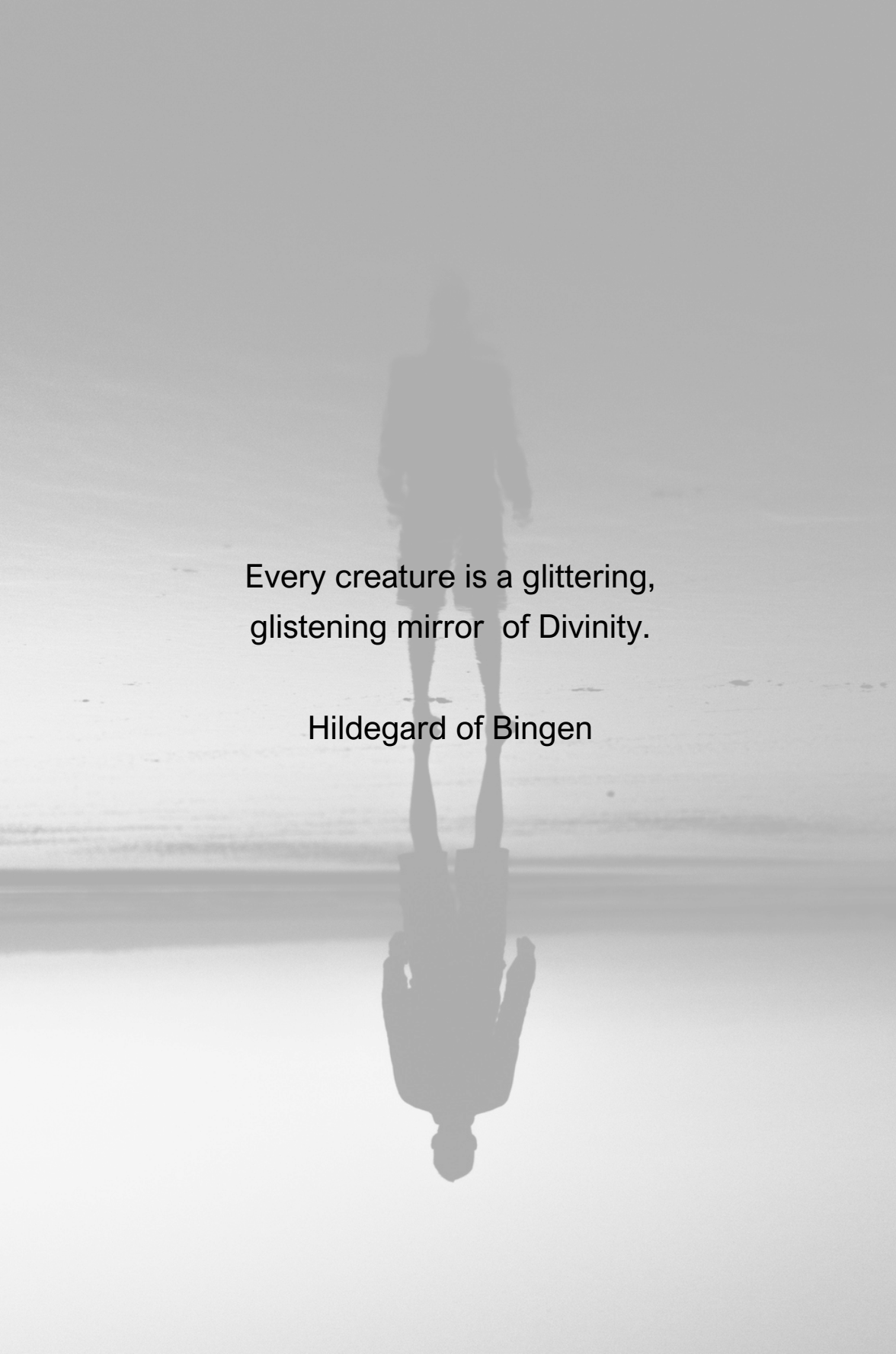
QUESTION:

QUESTION:

QUESTION:

Introspection





Every creature is a glittering,
glistening mirror of Divinity.

Hildegard of Bingen

Introspection question bank

(select 10)

1. Do I feel like I belong? What roots my sense of belonging?
2. Do I feel supported (emotionally and spiritually) by the people in my life?
3. What recurring emotions influence my behaviors?
4. What recurring thoughts or beliefs influence my behaviors?
5. What are my emotional triggers? What generally triggers me?
6. What are my “glimmers” (opposite of triggers) the thoughts or emotions that calm me down?
7. What limiting thoughts, beliefs, or emotions hold me back from living authentically?
8. How does my religion or faith help temper my human fears?
9. What are my core values, and how do they guide my decisions and actions?
10. What aspects of my culture do I appreciate the most, and how do they influence my daily life?
11. How do different aspects of my identity (e.g., gender, race, nationality) influence my thoughts and behaviors?
12. How does my primary language shape my perception of the world around me?
13. How has my culture shaped my values, beliefs, and behaviors?
14. How do I experience and respond to cultural diversity in my community or workplace?
15. What steps do I take to learn about and understand people from other countries or backgrounds?
16. Who do I consider a mentor and how have they influenced my development?
17. What motivates or inspires me to grow and develop as a person?
18. How do my daily habits and routines contribute to my personal growth?
19. What is one thing I’ve always wanted to learn about or do but haven’t?
20. What activities enliven my spirit and bring me joy?

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Divine Nature



A black and white photograph of a person lying on their back in a grassy field. Their arms are raised, and their hands are positioned to form a heart shape. The sun is shining brightly from behind the heart, creating a lens flare effect. The background shows a line of trees and a cloudy sky.

My appointed work is to awaken the
divine nature that is within.

Peace Pilgrim

Divine nature question bank

(select 10)

1. What qualities do I associate with the divine/soul/divine nature?
2. What is God/Source to me -- how does it operate in my life?
3. What is Mother Nature to me-- how does it operate in my life?
4. When have I felt most aligned with my soul/essence/divine nature?
5. What qualities do I associate with my unique personality self?
6. In what ways does my unique personality self express the qualities of the divine/my spirit?
7. In what instances do I naturally operate from my divine nature?
8. How does the divine/God/soul/Source communicate with me?
9. How can I tell the difference between the habitual, societal, and cultural programming versus the voice of my own Higher Self/soul?
10. How do I express my divine nature in daily life?
11. What do I sense is my appointed work or purpose in this life?
12. How does this purpose connect me to other human beings?
13. Generally, do I operate from fear or faith/trust?
14. What about death frightens me?
15. How do I honor my soul-- my inner-knowing?
16. In what ways have I created war/separation within myself?
17. How do I seek and recognize daily guidance from a higher power in my personal or professional life?
18. Who am I at my core-- without my human functions or roles?
19. What wisdom or advice does my Higher Self offer regarding my current personal or professional challenges?
20. What do I feel my soul is calling me to do or become?
21. How can I honor my soul's calling or purpose in my life right now?

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Revelation

Heaven means to be one with God.

Confucius

Revelation question bank

(select 12)

1. How has my thinking changed or evolved during these 52 weeks?
2. How has my doing (my behaviors) changed or evolved?
3. What behaviors no longer serve me?
4. What thoughts, beliefs, or behaviors am I willing to upgrade?
5. In what ways has my relationship with nature changed?
6. In what ways do I feel closer to the heart of God/Source/Creator?
7. In what ways do I care for nature in my community--where I live?
8. What new practices or behaviors have I integrated as a result of this journey?
9. Do I feel it's possible to live in harmony with others? Who or what stops me?
10. In what ways do I live from the outside-in? [socio-cultural]
11. In what ways do I live from the inside-out? [soul-higher self]
12. In what ways have I grown as a person?
13. How has this process enlarged my worldview?
14. How can I extend my circle of concern/care?
15. What am I eager to learn more about?
16. How can I leverage my innate or divine gifts for the benefit of others?
17. What new insights, ideas, or understanding have been revealed through this process?
18. Who or what must I forgive or grieve?
19. Who or what requires my love?
20. What is life asking of me?
21. Who am I?
22. What does personal peace mean to me?

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Other works by Mayra Porrata

Unmasking

Have you ever been here?

Honoring your grief

60 ways to know love journal (English & Spanish)

Until it happens to you (poetry)

All my mistakes

Gratitude Yearbooks
(2018, 2019, 2020, 2022, 2023)

My true feelings

The Workbook of Human Superpowers

Essence Glossary™

GRATEFUL | 30-day self-care journal

People are like flowers

Emotional Intelligence

A Nighttime Trip to Planet NUF

Soul Friends

Wake Up Beautiful Girl

Lilly's Life

mayraporrata.com

