

SELF-EXPRESSION PATHWAY WORKSHEET

A self-inquiry worksheet to help you discover your voice, confidence, and alignment



- 1** When was the last time you said exactly what you felt fully expressed— without filtering it for others' comfort?
- ☐ Often ☐ Sometimes ☐ Rarely ☐ Never
- Reflect: What held you back or allowed you to be fully honest?
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- 2** Do you feel safe being your full self in most spaces (home, work, online, etc.)?
- ☐ Yes ☐ Kind of ☐ Not really ☐ Not at all
- What environments help you feel seen and safe?
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- 3** What parts of yourself do you tend to hide?
- ☐ Emotions
☐ Opinions
☐ Creativity
☐ Needs
☐ Something else: _____
- Why do you think you do this?
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- 4** Do you know what you desire — outside of what others expect from you?
- ☐ Yes ☐ I'm figuring it out ☐ No
- What do you want, just for YOU?
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- 5** In what ways do you already express yourself?
- ☐ Art / Creativity
☐ Movement / Dance / Yoga
☐ Speaking / Teaching
☐ Style / Appearance
☐ Journaling / Writing
- What feels the most natural?
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6 What fears show up when you think about being fully expressed?

- ☐ Fear of judgment
- ☐ Rejection or abandonment
- ☐ Not being good enough
- ☐ Being too much
- ☐ Other: _____

→ How do these fears affect your choices?

7 What version of yourself are you ready to let go of?
→ Describe them in a few words or sentences.

8 What version of yourself are you ready to become?
→ Describe them. What does their self-expression look like?

9 What supports your self-expression right now?

- ☐ Movement or embodiment practices
- ☐ A creative outlet
- ☐ A safe community
- ☐ Time in solitude
- ☐ Therapy or mentorship

→ What could you add or commit to more fully?

10 If your voice and truth mattered deeply — what would you say today?

→ Write it. Say it out loud. Let it be real.

REFLECTION



Where do you feel you are on your self-expression path:
just beginning, in transition, or fully embodied?
Write a few sentences.

NEXT STEPS:

What would help you feel more free, aligned, and expressed?

Take a breath. You're exactly where you're meant to be.
