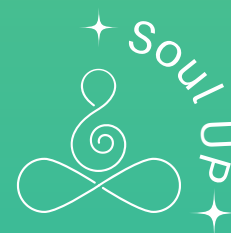




# SELF-DISCOVERY JOURNAL

SOUL UP KINESIOLOGY & COACHING





## Welcome to the journey of self-discovery !

Thank you for downloading this booklet. Allow it to be your companion on a quest to uncover the depths of your own identity and understand the unique qualities that make you who you are.

Self-discovery is a voyage of understanding, acceptance, and transformation, and this journal will serve as your guide. This journey is not about finding perfection but rather about embracing your authenticity and understanding your potential. By delving into your thoughts, feelings, and experiences, you'll gain clarity on your values, strengths, weaknesses, and the path that leads to a more fulfilled and purpose-driven life.

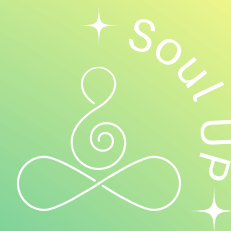
So, grab your pen, find a quiet space, and start your incredible journey of self-discovery.

Enjoy and have fun!



Hi, I'm Meko, a Certified Coach and Kinesiology Expert. My mission is to help you overcome inner barriers, change your mindset, and make your dreams a reality.

I specialize in unlocking your inner wisdom, guiding you to reconnect with your true self, and enhancing your unique talents. Think of me as your intuitive guide and kinesiology expert, here to support your healing journey.

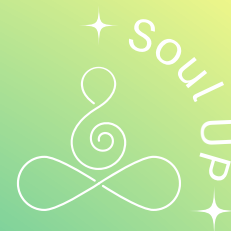


# Exploring Your Inner Self

What experiences or moments in your life have had a significant impact on shaping your identity and beliefs?

Describe a time when you faced a significant challenge. How did you overcome it, and what did you learn from the experience?

Reflect on a person who has had a profound impact on your life. How have they influenced you, and what lessons have you learned from them?

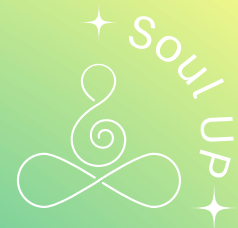


# Exploring Your Inner Self

Write about a time when you stepped out of your comfort zone. What was the experience like, and what did you gain from it?

How do you handle stress and difficult emotions? Are there healthier coping strategies you can adopt?

What are your fears, insecurities, and limiting beliefs that hold you back from reaching your full potential, and how can you address them?

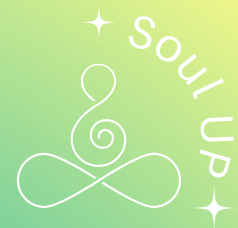


# Cultivate Self-Love and Self-Acceptance

What is your self-care routine, and how does it contribute to your overall well-being?

What does self-love mean to you, and how can you practice it more in your life?

Are there any negative self-talk patterns or beliefs that you hold about yourself, and what steps can you take to challenge and change them?

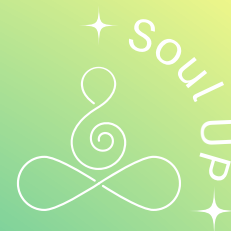


# Cultivate Self-Love and Self-Acceptance

What role does forgiveness play in your journey toward self-love and self-acceptance, both for yourself and for others?

How can you celebrate and acknowledge your achievements and progress on the path to self-love and self-acceptance?

In what ways can you set healthy boundaries in your personal and professional life to protect your self-love and self-acceptance?



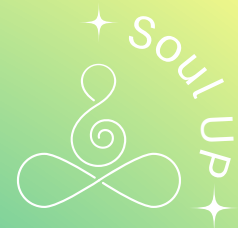
# Exploring Your Interests and Passions

What activities or hobbies make you lose track of time and bring you joy?

What books, movies, or art have had a significant impact on your life or perspective?

Are there any specific skills you'd like to develop or enhance through your hobbies?

Have there been any hobbies or interests you've been wanting to explore, but haven't had the chance to yet?



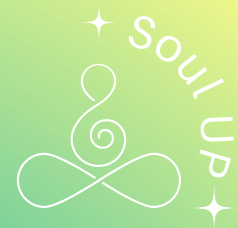
# Discover Your Passions and Purpose in Life

Explore your dreams and aspirations. What are the things you've always wanted to achieve or experience?

What are the changes or improvements you'd like to make in your life, and what steps can you take to initiate those changes?

Can you recall moments in your life when you felt truly alive and fulfilled? What were you doing at those times?





# Discover Your Passions and Purpose in Life

Who are the people that inspire you, and what qualities in them resonate with you?

What are the values and principles that are most important to you, and how can you align your life more closely with them?

If money and time were not constraints, what would you spend your days doing?



As you turn the final pages of this booklet, remember that the journey of self-discovery is an ongoing, ever-evolving expedition. You've taken the first steps on this path, and the revelations you've uncovered are but the beginning of a lifelong adventure.

Embracing your authenticity, understanding your potential, and connecting with your inner self is a profound and rewarding experience. This journal has served as your trusted guide, but the path ahead is yours to navigate. The answers to who you are and what you're good at lie within you, waiting to be uncovered through the ongoing exploration of your thoughts, feelings, and experiences.

As you move forward, keep your pen poised and your heart open. Your potential is limitless, your journey unique, and your story worth telling.

May the insights gained within these pages continue to guide you toward a more fulfilled and purpose-driven life.

Remember to have fun, embrace the journey, and continue exploring the boundless horizons of your true self.

Love & Light  
Meko

# Your invitation

I invite you to take your journey of self-discovery to the next level.

If you're eager to learn more and seek personalized guidance, consider our 1:1 coaching services. We are here to help you further explore your unique identity and provide the support you need.

[Learn more](#) or [Contact us](#) to begin your next chapter of personal growth.

