



23 Days

**SELF  
DISCOVERY**

**JOURNALING  
CHALLENGE**

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## 23 Days Self-Discovery Journaling Challenge

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# INTRODUCTION

It is a lifelong journey to get to know your true self – who you are at your core and what drives and inspires you in life. It takes a great deal of courage to embark on this path of self-discovery and remain open to what you find – your fears and insecurities, dreams and talents, quirks and struggles— but it also provides great rewards.

When you strive to know yourself well – embracing your strengths and facing your challenges – you create a strong foundation for a happy and fulfilling life. You unlock your potential to be your truest and fullest self.

# HOW TO USE THIS BOOK

For the next 23 days, this workbook will guide you as you begin your journey toward knowing and understanding yourself better. All you need is a journal, a pen and quiet time to write.

Every day of the journaling challenge has a different theme, and the book will guide you through reflections and exercises for each. Take the time to nurture your inner self, and you will gain the confidence and insight to overcome challenges and cultivate happiness, fulfillment, creativity and love. Good luck!

# DAY 6:

## PASSION & PURPOSE

When you are doing something you care about – whether it’s doing work you love, making art that feeds your creativity or spending time with people who mean the most to you – the hours fly by. When you can discover your passions and channel them into your purpose in life, you have the opportunity to get to know yourself on a deeper level.

### *Journaling Exercise #6*



1. Explore your passions in your journal. Use the following questions to find what sparks your talents, values and identity.
  - *What do you most look forward to doing in your spare time?*
  - *What gives you a sense of satisfaction?*
  - *What makes you feel capable or accomplished?*
  - *What can you lose yourself in for long periods of time?*
  - *What do you want to learn more about?*
  - *What do you wish you had more time to do?*
2. Reread your notes. What would you say you are most passionate about? How do they tie into your greater purpose in life? Free-write on this topic.