KNOWING YOURSELF

WORKBOOK

Unravel your most authentic self and figure out what you truly desire.

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WELCOME!

the journey begins here.

Hey there!

Before you get started, I want you to know that I am so proud of you for downloading this workbook. I'm happy that you took action to clarify who you are and figure out what you want.

I know you've shut your own voice and forgotten who you are. All this time, you've listened and followed what the world wants you to be.

You are brave.

I truly admire you for being brave to make this shift.

You might be afraid to be alone or to be "different."

However, the truth is you are always accepted and validated no matter what you do.

Even if other people disagree with what you want or who you want to be, you are still loved and worthy.

I hope you'll always remember that as you begin this journey of self-discovery.

There will be some quirks, twists, and turns along the way, but always know that you will get there, and you will never be alone, no matter what.

You got this,

jocelyn

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SELF-OBSERVATION

> You have all the answers within you. Be kind and patient with yourself, and the answers will show effortlessly.

Self-observation is essential to help you be aware of the things you do, think, or feel. It aims to create space to be conscious about yourself, and it can be done through meditation or journaling.

This exercise will take time to develop, but once you establish this habit, you will discover more about yourself and become more mindful of your decisions.

Over the following seven days, try to observe yourself silently. Notice what you feel about the things that you do, your thoughts, emotions, and feelings.

For instance, when your friend invites you to a party. Observe what you feel about that. Do you feel anxious or glad? Notice if there's any significant information that contributes to your identity.

If you want to question what you observe, you are welcome to do it but don't be hard on yourself if you couldn't figure it out yet.

Do not overcomplicate or overthink it. All you have to do is to observe and write it down for the whole seven days.

SEVEN DAYS

of self-observation

On the left side, write a word to describe one thing you notice to yourself every day. It can be your emotions, your feelings, or your thoughts about something you encounter. Then, on the right side, explore them by asking: "What made me act or feel that way?" Write your answer in a single sentence or two.

day 1	

day 2	

day 3	

day 4	

day 5	

day 6	

day 7	

SELF-REFLECTION

> Self-love is also allowing yourself to be a “work in progress.” It is accepting that you will not figure out everything real quick.

Personal reflection is also a crucial step to know who you are and what you want in life. Self-reflection is a process of looking internally at yourself and asking some questions to dive deeper.

We wouldn’t know the truth if we don’t ask questions, right?

Okay. I know you’ve been asking yourself a lot, but I want you to ask the right questions and be gentle with yourself this time.

Treat yourself as someone you really want to know. You wouldn’t harshly ask that person like, “WHO ARE YOU?! WHY ARE YOU HERE?!”

Instead, you will talk to him/her with kindness. You will patiently wait for them to answer and carefully listen to their stories without judging them.

As you go on this journey, you must also learn to love yourself.

Take your time and be honest with yourself. You’ll be surprised about the things you will know once you tap into your genuine self. Your true self who's calm and understanding.

JOURNALING

for self-reflection

Below are questions that will help you reflect inward and uncover some interesting and essential facts about yourself. You can answer each prompt once every single day for you to fully reflect and think deeper.

What makes me feel safe?

What scares me the most?

What do I need more in my life?

What fear do I want to get over?

What am I good at?

What would I like to get better at? (i.e., skills, talent)

From mindset to the physical level, how have I changed in the last five years?

What are the things I would like to do more and consistently to improve myself?

What are the things I need to stop doing that make me unhappy? What can I do to stop it?

What would I do with my life if money and other people's opinion wasn't an issue?

discovering my

CORE VALUES

> "Values are like fingerprints. Nobody's the same, but you leave them all over everything you do."
> - Elvis Presley

Your core values are super powerful! It defines how you behave and what are the "beliefs" that shape your identity. As Adriana Girdler of My Visual Vision calls it, "your line in the sand."

All the decisions we make align with our personal values, especially those vast and life-changing decisions. These values are what you stand for and remain faithful to every situation, even in times of stress.

In other words, it is you and what you believe to be true.

To give you ideas, below is the list of examples. Choose 5 values that resonate with you. These are just examples, and you can always think of other ideas that link to you. Later on the next page, you get to examine them and see if those values that you picked really relates to your true self.

20 Examples of Core Values

Achievement	Beauty	Dependability	Optimism
Adventure	Boldness	Efficiency	Peace
Authenticity	Compassion	Good humor	Responsibility
Authority	Consistency	Honesty	Security
Balance	Creativity	Openness	Self-Respect

1.1 identifying my

TOP THREE

core values

After picking 5 core values, list them out and question each value that you selected.

As yourself, “what does this value mean to me?” Consider your past experiences and the people that you admire as the reason behind your values.

Lastly, you get to decide your top three values. As James Clear said, if everything is a core value, then nothing is really a priority. Circle only the THREE values that really resonate with you.

CORE VALUE 1:	What does this mean to me?

CORE VALUE 2:	What does this mean to me?

CORE VALUE 3:	What does this mean to me?

CORE VALUE 4:	What does this mean to me?

CORE VALUE 5:	What does this mean to me?

1.2

TESTING

my core values

Inspired by Adriana Gitler's three steps to find your core values, here are the four super-important Litmus Test Questions to ask for every core value you've encircled on the previous page.

Litmus Test Questions

1. Would you honestly sacrifice any value on your list for money?
2. Have you lost any core value in times of stress?
3. Do you envision in 5 years if this core value still holds true?
4. Would you stop holding these values if, at some point, they became a competitive disadvantage?

If you answered firmly "NO" to all of these questions, then congrats! You've found your Core Values! Write them down in each circle on the next page.

However, if you answered "Yes" or you feel unsure. You can always take your time and think about it more.

You have to make sure that you can hold onto your values no matter what because these will be your basis in every decision you will make. Remember, these values are you and what you believe to be true.

MY
CORE VALUES

FEEDBACK FOR SELF-AWARENESS

> "Feedback helps you take the blinders off, face reality, and see yourself as you really are." - Kroger CEO David Dillon

In this exercise, you will dig deeper and seek feedback.

In her book Insight by Dr. Tasha Eurich, their research has shown that our opinions of ourselves usually don't give us the whole story.

Listening to someone else's opinion about you will help you paint a bigger picture of who you are.

You will reflect on their opinion. Think of these external voices as your additional information and not necessarily mean that they will identify who you are.

It is essential that as much as possible, detach your emotions from their thoughts about you. Do not try to make them wrong or right with their point of view.

To practice this exercise, instead of asking their opinion about you right away, you will write a letter for your younger self. This exercise is inspired by the book Discover Your True North by Bill George.

Writing a letter for your younger self will help you be more honest as you look back to some life-changing moments that have happened to you.

According to Bill George, this type of feedback creates a feedback loop that can lead to "positive change." If we hear the same thing about our behavior over and over, that information becomes valuable and will push us to examine ourselves.

advice for

MY YOUNGER SELF

Look back to yourself five years ago. What are some life-changing decisions you made when you are that young? What advice or feedback will you give to yourself? Write your letter from a second-person point of view as if you're talking to your younger self.

dear me...

IT'S NOT OVER YET

That's it, my friend! I hope these exercises and activities helped you to discover yourself, little by little, each day!

These are the things that I've learned in my ongoing journey. I am still discovering myself and learning through my experiences, and so are you.

If you already finished the exercises in this workbook at this point, I want you to know that **I am really proud**. Hopefully, by now, you are more encouraged to continue this journey.

I know it's scary and overwhelming, but you don't have to hurry. Take your time, and I promise you, it will get easier.

Being lost is an opportunity to explore and discover new and incredible things in life. It's okay not to figure out things yet; you are going to be okay.

If you are still feeling stuck, I suggest you start a journal if you still haven't. Your journal is your best friend in this journey. Writing down your thoughts is beneficial to be aware of yourself.

I have a guide for starting a journal on the blog. If you want to create a journal now, make sure to check that out.

Lastly, I want to congratulate you on taking a huge step to help yourself. Thank you so much for being here, for existing, and for taking action to start this incredible journey.

ABOUT THE AUTHOR

Hello! My name is Jocelyn

I am a content writer and the person behind Cresentella.

After being lost and stuck in life at an early age, I learned a hard way to figure out who I am and what I want to be.

Now, I am sharing the lessons that I am learning in my self-discovery journey that inspires thousands of people online to unravel what they truly desire. Through Cresentella, I started to build a solid and supportive community that will help more people live their most authentic lives.

Let's be internet best friends! Follow me on...

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