



# 12 Weeks of Self-Discovery



## Week 1: Emotional Intelligence Aptitude

**THIS WEEK, LET'S FOCUS ON EXAMINING OUR CONNECTION TO OUR EMOTIONS.**

- Perform a self-check-in and identify your current emotions. Give them a name. How are they showing up? What effect are they having on your body? On your demeanor?
- How connected do you feel to your emotions on a daily basis?
- What emotions do you feel run the deepest? How frequently do you feel these emotions?
- How well do you display and communicate your emotions?
- How do you accept and respond to the emotions of others?
- What opportunities have you had in the past where emotional intelligence could have or did make an impact?
- What power do you see in embracing and collaborating with your emotions vs. subduing and

## Week 2: What traps are you falling into?

**THIS WEEK, LET'S FOCUS ON EXAMINING EACH OF THESE TRAPS.**

- How would you honestly describe your likelihood of falling into the trap of denial? Have there been instances where you can see with hindsight that you were in this trap? What can you do to avoid it in the future?
- How often do you find yourself slipping into the voice of judgment? Do you find it to be more self-facing or more directed at others? Why do you think this is?
- What would you find if you were to analyze your experiences with blame? Have you used it to avoid responsibility and keep yourself safe? What impact do you think this had on you and those on whom you levied blame?
- Comparison is extremely common. How often do you hear an internal voice comparing yourself to others or different versions of yourself? What does this voice do for your mental health? How do you think quieting this voice would affect you?
- What fears do you face in your mental health journey? How do you think these fears have held you back?
- After considering these traps from your point of view, think of how others may experience them as well. How might this shift your perspective on the actions of others? Have you had difficulty with others that may have been linked to their falling into one of these traps?
- How will the ability to identify these traps assist you moving forward?

## Week 3: How connected do you feel to yourself and others?

**THIS WEEK, LET'S EXAMINE OUR CONNECTIONS WITH OURSELVES AND OTHERS.**

- How connected do you feel with yourself? Are you able to fully embrace who you are?
- What work do you feel you need to do to deepen your authenticity?
- Who is the person in your life you feel most intimate with? How much of the real you do they know?
- What emotions do you feel when analyzing your authenticity?
- What fears do you hold about opening yourself up more to others?
- Reflecting on your fears about opening up to others - what supports those fears? Are they coming from yourself or the actions of those around you?
- What do you imagine deeper connections with others to look like for you?

## Week 4: What do my relationships and community look like?

**THIS WEEK, LET'S EXAMINE OUR RELATIONSHIPS AND HOW WE SHOW UP IN THEM.**

- Take a moment to draft your circles of community. Draw a series of concentric circles on a piece of paper (or using your medium of preference). With the inner circle holding your closest relationships, plot your relationships where you feel they belong according to your level of connection.
- Consider your circles of community. How many relationships are in your inner circle? We often only have a few deep and meaningful relationships that belong in this circle. How does yours compare? Do each of these relationships belong here, or are some only relationships you wish were in your inner circle?
- Are there relationships you have placed somewhere they don't belong? Are there any surprises in your placements after further consideration?
- Why do you feel your relationships in your outer circles fell where they did? Are they there because they are more acquaintance-level relationships, or are there some that are there because of necessary boundaries?
- What do your closest relationships look like? Do these relationships allow for the full authenticity of both members?
- Are there relationships you want to see moved around (from inner to outer or outer to inner)? Why?
- How do you think you can foster desired changes in your community circles?

## Week 5: How intimate are my relationships?

**THIS WEEK, LET'S EXAMINE OUR RELATIONSHIPS FURTHER AND WHY THEY MAY LOOK LIKE THEY DO.**

- What level of loneliness do you feel in your life? What levels of intimacy do you want? How do these compare?
- How does your sense of loneliness vs. intimacy align with the number of connections you have in your life? How would you describe your circles of community?
- Do they rely more on togetherness or intimacy? Is there something that keeps you from establishing intimacy in your closest relationships? Shame? Guilt?
- Take a moment to examine what hindrances you carry into your relationships.
- Are there relationships that you feel lack intimacy due to the other person's ability to open up? What do you think is holding them back?
- How can you begin to foster more intimacy in your relationships? With whom would you choose to do so?
- How do you feel you could best balance togetherness vs. intimacy among your circles of community?

## Week 6: What does my family of origin look like?

**THIS WEEK, LET'S FOCUS ON EXAMINING OUR FAMILY OF ORIGIN.**

- What does your family of origin look like? What figures were most present in your life?
- Who do you feel was most influential on how you turned out?
- What are some of the highs from your family of origin that have supported you over the years?
- What are some of the lows that arose from your family of origin, and how have these affected you?
- What were you like as a child? What hopes and dreams did you have? What qualities did you have? How would people have described you as a child?
- How does your child self compare with who you are now? What influenced the changes, and what support that stayed with you?
- Are there qualities you had as a child that you would like to reclaim?

## Week 7: What messages have I received?

**THIS WEEK, LET'S FOCUS ON EXAMINING THE MESSAGES WE'VE RECEIVED.**

- What are the dominant messages you received from your family of origin? Are there particular people who provided either supportive or judgmental messages?
- What messages have you internalized from peers (friends, coworkers, supervisors, etc.)? Are these messages usually positive or negative?
- What messages do you think you've subconsciously absorbed from society (representations in media, expectations, and norms in your culture)?
- How have the messages you've received impacted you? How much power do these messages have over you?
- After having explored these messages and how they've impacted you, take a moment to examine your feelings. What emotions are you experiencing? Give yourself the space to feel whatever comes up.
- What steps can you take to combat the negative messages you've received? Do you find yourself validating and supporting these negative emotions, or do you push back?
- What support do you need in fighting against the negative messages you've received? What (or who) would best aid you in your journey to overcome these

## Week 8: What's activating me?

**THIS WEEK, LET'S FOCUS ON EXAMINING HOW WE'RE ACTIVATED.**

- Have you experienced moments when you've slipped into a behavior you did not like or actively sought to avoid? How often does this happen?
- In moments that you've reacted from a place of activation, how have you felt afterward?
- Consider a particular example of a time when you were activated. What did this situation look like? Who or what was involved?
- Revisit your example from earlier. What parts of you were reacting and why? Were there threads to a past experience?
- What power does being able to identify your activation give to you?
- What steps can you take in the future to avoid further activation?
- What support systems can you rely on to aid you in avoiding activation? Are there people in your community or relationships that can offset your activation or help keep you centered?

## Week 9: What are my goals?

### THIS WEEK, LET'S FOCUS ON EXAMINING OUR VISIONS AND GOALS.

- Have your visions for the future always been your own? Or have they been handed to you by others (expectations from family members, bosses, society at large)?
- What is your vision for the future? What do you want for your personal and professional life?
- How does your vision for the future align with what you have now? What about the future you imagined for yourself as a child?
- What goals can you set to achieve your vision for your personal life? List them out.
- What goals can you set for yourself to achieve your vision for your professional life? List them out.
- What overlap or conflict exists between your vision and goals for your personal and professional life? What adjustments, if any, do you need to make? Remember, our visions and goals can always change.
- What support systems do you have to help you achieve your goals?

## Week 10: What's standing in the way of my goals?

### THIS WEEK, LET'S FOCUS ON EXAMINING OUR OBSTACLES.

- Have there been moments in the past when you've felt stuck or trapped by an internal obstacle?
- What internal obstacles have you found standing in the way of achieving your current vision and goals?
- How do your external obstacles typically differ from your internal obstacles? Which do you find easier to overcome? Are your difficulties with external obstacles actually influenced by internalized obstacles (e.g., dealing with a difficult coworker being rooted in an internalized fear of retaliation or guilt over reporting them to HR)?
- How do the obstacles in your personal life compare to the obstacles in your professional life? Is there an overlap?
- What additional benefits can you find in breaking down a barrier (e.g., establishing a more open and honest relationship with someone after overcoming the shame you've been carrying)?
- What steps can you take to overcome a single obstacle you currently face?
- What support system can you rely on to help overcome your obstacles?

## Week 11: What does my authentic self look like?

### THIS WEEK, LET'S FOCUS ON EXAMINING OUR AUTHENTIC SELVES.

- What aspects of yourself are you most proud of? How do those traits show up day to day?
- What fear, shame, or guilt do you carry daily? Who or what has placed that there?
- How does your fear, shame, or guilt affect your interactions with others? Be sure to consider secondary effects on your behavior as well.
- What would life be like if you were free of your fear, shame, or guilt? What conversations do you need to have with yourself to make this a reality?
- What changes would you like to see in yourself? How could your actions better align with how you want to show up in the world? How hard have you been on yourself for not being the you, you want to be? How can you create space to heal from that?
- What interests do you want to pursue, and how do they align with your vision for the future?
- How do your circles of community support or neglect your authenticity? What changes can you make to support your true self better? Do those changes start from within?

## Week 12: What changes can I make today?

### THIS WEEK, LET'S FOCUS ON THE CHANGES WE'RE LOOKING FOR.

- What changes are you looking to make? What are your long-term hopes?
- Focus on one change you're hoping to make. What small changes can you make today that will set you up on a path toward success?
- How have you gone about implementing change in the past? How successful were you? What emotions does this reflection elicit?
- What trepidation or excitement do you have about change? Give yourself space to feel your feelings.
- What support systems do you have in place to help you in your journey?
- What accountability measures can you put in place for yourself to adhere to your changes? How might you implement them?
- In what ways can you support yourself throughout your journey? How might you handle setbacks? How would you celebrate your wins?