



Soul Searching Exercises



I enjoy being me!

What a wonderfully unique person I am!

I love how it feels to be me. I enjoy my life and cherish all the little nuances that occur every day.

I am where I am in life because of the choices I made and the work I put into being precisely who I am. ***I am exactly the person I want to be.***

I will continue to grow and learn new things. I will continue to experience new things in life and transform for the better; this is part of being me.

I have surrounded myself with wonderful people and I enjoy who I am when I am with them.

I enjoy who I am when I am alone as well. I take pleasure in self-reflection and I appreciate how I permit myself to enjoy solitude.

I am fun and caring. I am talented and trustworthy. ***I am glad to be just who I am.***

Today I will have a special date with myself and plan a time where I can simply enjoy being me. I will do things I like to do and focus on the pure enjoyment of my time with me.

Answer These Soul Searching Questions:

- 1. What is by best attribute?**
- 2. What do I enjoy doing all by myself?**
- 3. How do I show myself appreciation for being the wonderful person I am?**
- 4. What's the next thing in life I want to learn or experience?**