



SELF DISCOVERY MONTH

SELF AWARENESS, HAPPINESS, AND LIFE CHANGE

For many people self discovery simply means personal happiness. To others its associated with personal or emotional fulfillment, contentment, well-being, harmony with life, peace with themselves, or inner calm. Think about what sort of person you are and whether your life could be happier. What does self discovery mean to you? What factors are important to you? What influences these factors?

Awareness may be the first step in your journey of self discovery. As you grow in self awareness, you will better understand why you feel and behave as you do. This understanding will give you the opportunity and freedom to change those things you would like to about yourself and create the life you want.

Below are some questions which may enhance your self awareness and develop a clearer picture of discovering who you are and who you would like to be. The more specific your answers, the greater impact they'll have on your life. If you come up with other questions while answering these, then definitely follow that path as well.

Personal

- What do you desire most? Why?
- What strengths, accomplishments, and skills are you proud of?
- What period of your life do you like most? Least? Why?
- What are some of the most significant events in your life? Why?

Emotional

- Think of a time you were happiest in your life. What elements were present when you felt this way? How were you feeling about yourself during that time?
- What emotions do you want to feel most of the time?
- Do you have control over your emotions? Why or why not?
- What do you fear most in your life? Why? What would happen if it occurred?
- What is the one major attitudinal change you would like to make in your relationship with others?

Significant Relationships

- What specific qualities do you want your ideal partner to possess? Why do you want him/her to have these qualities?
- How would you feel if you never had a partner? Why?
- Are you happy in your current relationship? Why or why not?
- How would you like your partner to change? Why is that important? Could you be happy if he/she did not change? Why or why not?
- What did you appreciate about your partner when you first knew him/her? What do you appreciate now?

Social

- What type of people do you enjoy spending time with?
- Do you have many friends as you just described? Why or why not?
- Do you seek out people similar or different to yourself? Why?
- What two favorite things do you enjoy doing with others?
- What aspects do you look for in close relationships?



Career

- Are you currently doing the type of career you love?
- If you are in a career you love, what changes would you like to see occur to enjoy it even more?
- If you aren't currently doing the type of career you love, what type would you like to do?
- What has stopped you from pursuing the type of career you love? What changes could you make to pursue that career?

Financial

- What does money represent to you? Why?
- How much money do you feel you deserve to make a year? Why?
- What would it mean if you made more or less than that amount? Why?

Spiritual/Ethics

- How do you believe the universe operates? Why?
- What is your relationship with the universe? Is it the relationship you want? Why or why not?
- In what way does your spiritual beliefs effect your day-to-day life?
- Do you have a code of ethics you follow? Why or why not? If yes, why those codes? If no, do you want one?

Now that you've answered these questions, reflect on what you discovered about yourself. Decide if you are happy with your life or if you need to make changes. Determine how you might change and what steps you need to take to lead where you want to go. You can't simply become happier by wishing it. Happiness can be understood, planned and achieved, just like any other important life goal, if you know your true self and the causes of your own well-being.

As life changes, it's important to realize how you've grown from the experiences. You may find your ideas about self discovery change and what worked for you in the past isn't right for your future. Knowing yourself is vital both for understanding what factors most affect your happiness and to finding a satisfying purpose in life. Enjoy your journey of self discovery!