

## Starting on the Road to Self Discovery ... a worksheet

(adapted from the work of Laura Burkey)

The purpose of this worksheet is for you to capture a better view of your most important likes, interests, and values you will use to help guide you through current and future decisions. So, stop and listen to yourself, you might be surprised! Use what you learn and continue to learn as your own anchor, when faced with decisions or choices.

☐ 5 Things I value most right now. (i.e. community, honesty, justice, time with family, personal organization, success, deep relationships, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.

Top things I need most to improve my life today:

- o At home I need:
- o At school I need:
- o From myself I need (to start, or to stop):
- o For my health I need (to start, or to stop):

3 important things important to me I can accomplish in the next 12 months.

- 1.
- 2.
- 3.

3 ways I would like to be a better person in the next 12 months.

- 1.
- 2.

3.

3 things I am (or could be) most proud of about myself and/or my life to date.

1.

2.

3.

The types of people that I need to be around who best match my values and goals in life are:

What I believe I am here to accomplish (or contribute) to the world is: (Think broader than school major or career related ideas only - Respond in 20 words or less!)

What matters to me most in my life. (Do not leave blank, if you are not 100% sure, write down what you think it might be)

The top 5 behaviors, traits, or qualities I will leave this world being known for in my lifetime.

Now, with all this in mind, the first thing I need to do is:

**Bravo to you** - you took time to truly listen to yourself!

Now, keep your answers close to you as they will remind and motivate you toward what is most important to you this year. Add, update or modify this information as you further clarify the information and your understanding of yourself.