



Edith Espinola

SELF-DISCOVERY WORKSHEETS & JOURNAL PROMPTS

For Clarity, Breakthrough, and Transformation

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HOW TO USE THESE WORKSHEETS

Welcome to your self-discovery journey. These worksheets and prompts are designed to help you gain clarity, uncover blocks, and create breakthrough in any area of your life.

Tips for Best Results:

1. Find a quiet space where you won't be interrupted
2. Write by hand when possible—it engages your brain differently
3. Be completely honest—no one will see this but you
4. Don't overthink—write whatever comes up first
5. Return to these prompts periodically—your answers will evolve

There are no right or wrong answers. Trust whatever emerges.

SECTION 1: CLARITY WORKSHEETS

Worksheet 1.1: Discovering What You Truly Want

Often we know what we DON'T want but struggle to articulate what we DO want.

Part A: The 'Don't Want' Release

List everything you're tired of, frustrated with, or don't want in your life:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Part B: The Flip

Flip each item into a positive desire (what you DO want instead):

Instead of #1, I want: _____

Instead of #2, I want: _____

Instead of #3, I want: _____

Instead of #4, I want: _____

Instead of #5, I want: _____

Instead of #6, I want: _____

Instead of #7, I want: _____

Instead of #8, I want: _____

Part C: Priority - Your Top 3

1. _____

2. _____

3. _____

Worksheet 1.2: The Ideal Life Vision

Part A: Stream of Consciousness

Set a timer for 10 minutes. Write about your ideal life as if it's already happening. Include: home, relationships, career, health, spirituality, finances. Don't edit—just write.

Part B: Extraction

From your writing, pull out the key elements:

My ideal living environment:

My ideal relationships:

My ideal work/career:

My ideal health:

My ideal finances:

My ideal spiritual life:

The feeling tone of my life (3-5 words):

Worksheet 1.3: Values Clarification

Part A: Circle your top 10 values:

Freedom • Security • Adventure • Stability • Love • Independence • Family • Community • Success • Creativity • Peace • Growth • Abundance • Simplicity • Health • Spirituality • Joy • Balance • Connection • Achievement • Authenticity • Service • Beauty • Learning • Trust • Courage • Compassion • Excellence • Fun • Wisdom • Honesty • Recognition • Leadership • Harmony • Impact • Gratitude

Other values: _____

Part B: Narrow to your TOP 5:

1. _____
2. _____
3. _____
4. _____
5. _____

Part C: Rate each value (1-10) and how to honor it more:

Value 1: _____ Rating: _____ How to honor more: _____

Value 2: _____ Rating: _____ How to honor more: _____

Value 3: _____ Rating: _____ How to honor more: _____

Value 4: _____ Rating: _____ How to honor more: _____

Value 5: _____ Rating: _____ How to honor more: _____

SECTION 2: BREAKTHROUGH WORKSHEETS

Worksheet 2.1: Uncovering Limiting Beliefs

Part A: Belief Inventory

Complete honestly—write the first thing that comes to mind:

About Money:

Money is... _____

Rich people are... _____

I can't be wealthy because... _____

In my family, money was... _____

About Love:

I am... _____

Relationships are... _____

I can't have the love I want because... _____

People always... _____

About Success:

Success requires... _____

If I become successful, people will... _____

I can't achieve my goals because... _____

People like me... _____

About Myself:

I am too... _____

I am not enough... _____

I don't deserve... _____

My biggest flaw is... _____

Part B: Belief Challenge

Choose the most *limiting belief* from above:

The belief: _____

Where did this belief come from?

Is this belief 100% true, 100% of the time?

What evidence exists AGAINST this belief?

What has this belief COST you?

Who would you be without this belief?

What NEW belief would you like instead?

Worksheet 2.2: The Fear Inventory

Part A: Fear Naming

What are you most afraid of? List everything, big and small:

Part B: Fear Investigation

Choose your biggest fear and explore it:

The fear:

What's the worst that could happen if this fear came true?

If the worst happened, how would you cope?

What would you do if you weren't afraid?

What is this fear protecting you from?

What does your fear need to hear to feel safe?

Worksheet 2.3: Self-Forgiveness Practice

Part A: What Needs Forgiveness

List things you're holding against yourself—mistakes, failures, times you didn't show up as your best:

Part B: The Forgiveness Letter

Choose one item and write a letter of forgiveness to yourself:

Dear _____,

I forgive you for... _____

I understand that at the time, you... _____

—

The truth is... _____

—

—

Going forward, I want you to know... _____

—

—

You are worthy of love and forgiveness, no matter what.

With compassion, _____

SECTION 3: DAILY JOURNAL PROMPTS

Pick one that resonates each day, or work through them in order.

Morning Prompts

1. What am I grateful for this morning?
2. How do I want to FEEL today?
3. What intention do I set for this day?
4. What would make today amazing?
5. What do I need to release to show up as my best today?
6. If I knew I couldn't fail, what would I do today?
7. What is my heart asking me to focus on?

Evening Prompts

8. What went well today?
9. What did I learn today?
10. Where did I see evidence of my desires manifesting?
11. What am I proud of from today?
12. What do I need to forgive or release from today?
13. What synchronicity or 'sign' did I notice?
14. How did I grow today?

Deep Dive Prompts

15. What do I really, truly want? (Go deeper than the surface)
16. What am I pretending not to know?
17. If I fully trusted myself, what would I do?
18. What patterns keep showing up? What are they teaching me?
19. Where am I playing small? Why?
20. What would my highest self say to me right now?
21. What am I holding onto that no longer serves me?
22. What does my ideal day look like, from waking to sleeping?
23. Where am I out of alignment with my values?
24. What boundaries do I need to set?
25. What am I ready to call in?

Healing Prompts

26. What wound still needs my attention?
27. What message does my younger self need to hear from me?
28. Where do I need to give myself more compassion?
29. What emotion have I been avoiding?
30. What story do I keep telling myself that isn't serving me?
31. When do I feel most like myself?
32. What does self-love look like for me today?

Manifestation Prompts

33. Describe your desire as if it has already manifested
34. What beliefs support this desire becoming reality?
35. What action, however small, can I take today toward my desire?
36. What evidence do I have that my desire is on its way?
37. Why do I deserve this desire?
38. How will achieving this desire allow me to serve others?
39. What would I do if my desire manifested tomorrow?
40. Write a thank-you letter to the universe (as if it's already done)

SECTION 4: TRANSFORMATION EXERCISES

Exercise 4.1: The Life Wheel Assessment

Rate your satisfaction in each life area (1-10):

Career/Purpose ____ /10

Health & Vitality ____ /10

Relationships/Romance ____ /10

Family & Friends ____ /10

Finances ____ /10

Personal Growth ____ /10

Fun & Recreation ____ /10

Physical Environment (Home) ____ /10

Which area scored highest? Why?

Which area scored lowest? What would raise it by 2 points?

One action this week to improve your lowest area:

Exercise 4.2: Future Self Visualization

Imagine traveling 5 years into the future. You meet the version of yourself who has achieved your dreams.

What does your future self look like?

What energy/vibe does your future self radiate?

What does your future self's daily life look like?

What message does your future self have for you?

What do you need to let go of to become them?

What do you need to start doing?

What do you need to believe?

One piece of advice from your future self:

Exercise 4.3: Gratitude Flood

Set a timer for 10 minutes. Write 'I am grateful for...' and keep going without stopping. Include big things and tiny things.

I am grateful for...

SECTION 5: YOUR MANIFESTATION ACTION PLAN

Based on your work through these worksheets, complete this plan:

My Primary Desire/Goal:

Why This Matters to Me:

The Limiting Beliefs I Need to Release:

The New Beliefs I Choose:

My Daily Practices Will Include:

Three Aligned Actions I Commit To:

How I Will Stay Accountable:

Support I Will Seek:

CLOSING

You've done powerful work by completing these exercises. Awareness is the first step to transformation. By understanding yourself more deeply—your desires, fears, beliefs, and patterns—you've already begun to shift.

Return to these worksheets whenever you need clarity or feel stuck. Your answers will evolve as you do.

If you're ready for deeper support, I'm here to help through group programs, private sessions, or workshops.

You deserve the life you're dreaming of. Now let's create it together.

With love and light,

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