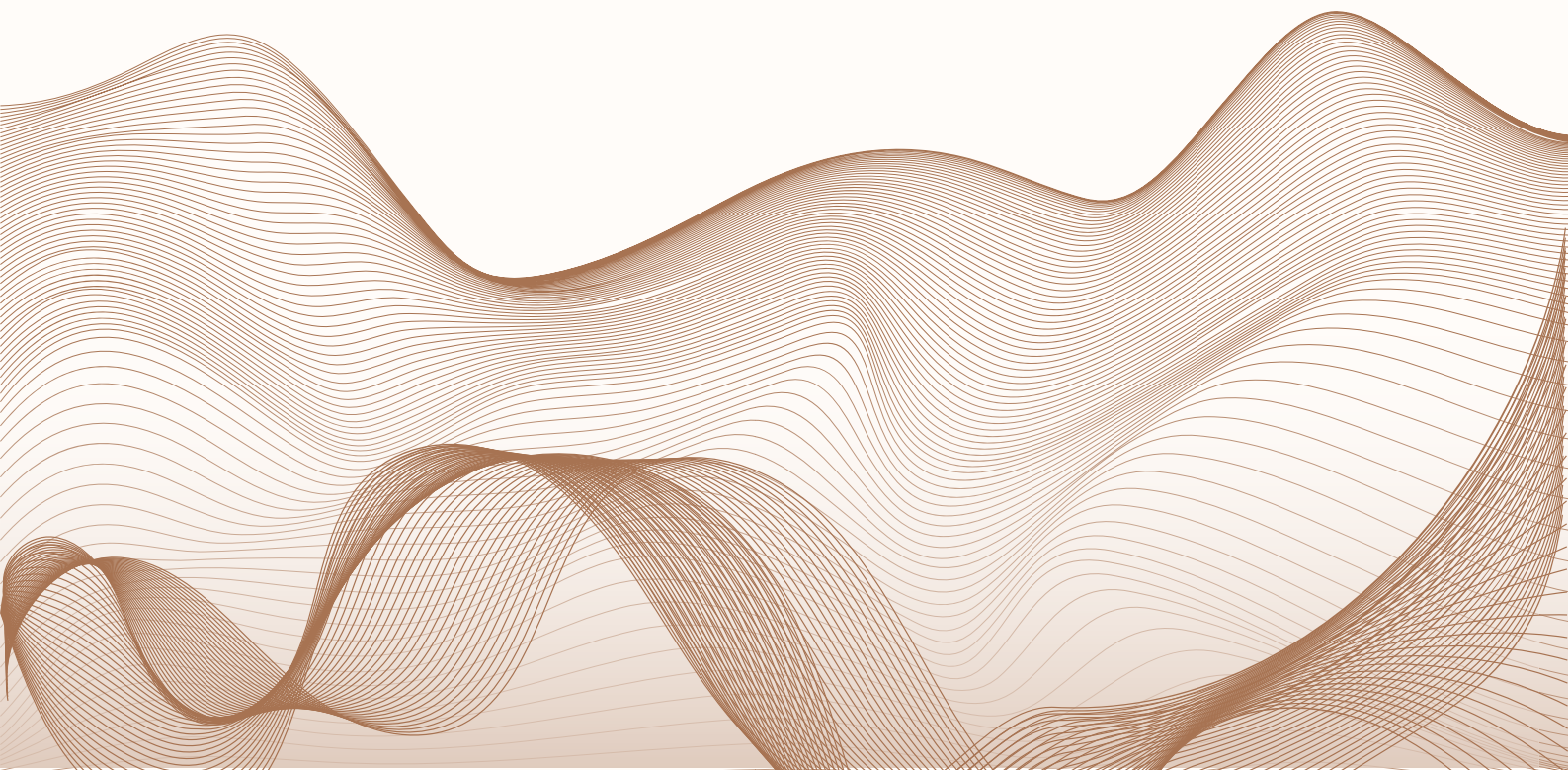


100
DAYS OF
SELF-DISCOVERY
With Nyatichi



Welcome

In this journal, you will get thought provoking journal prompts that invites you to personalized healing, meditations and introspection. It's not possible to do this workbook wrong. It is simply an opportunity for you to see a little more clearly how you are as a person, how you approach life, how you choose your values and belief, and this is not a realm in which right and wrong apply. Write from your heart rather than from your head. Usually the first thing that comes to mind is what your heart most wants to hear.

Through self-discovery, this Journal is aimed to place in the hands of anyone who wants to begin being intentional about having a healthy and happy life, the knowledge which would assist them in healing and making mindful lifestyle modifications. A day at a time.

Let's it's encouragement and reflective questions guide you into claiming back the life you deserve, and the results that you want. Let it become a good friend, teacher and confidant, so keep it near you, consult it every day and update it regularly. Commit yourself to spending some time on it every day for the next 100 days... reading, writing, learning, and thinking.

Disclaimer:

Lastly, please remember that there is no "correct" or "right" way to use this journal. And no content on this journal should ever be used as a substitute for direct medical advice from your doctor or therapist.

Good luck and Godspeed.

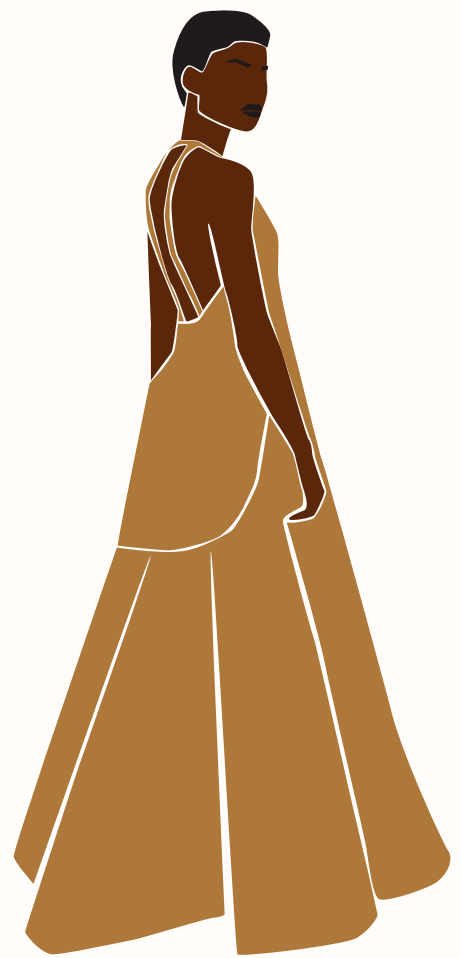
Sincerely,

Nyatichi

Dear diary...

1. Who am I?

This not a question you answer by saying, “I’m a writer” or “I’m a daughter.” It’s a question that invites deeper responses, like here’s what I value, here’s what brings me joy, here’s what motivates me, here’s the way I want to live my life. Your answers to this may mutate over time. That’s why it’s important to ask this question of yourself frequently.



Dear diary...

2. What are my top five personal and professional values?

Your core values are your guiding principles for your life and work.

Defining these values gives you a touchstone for making all important decisions in your life.

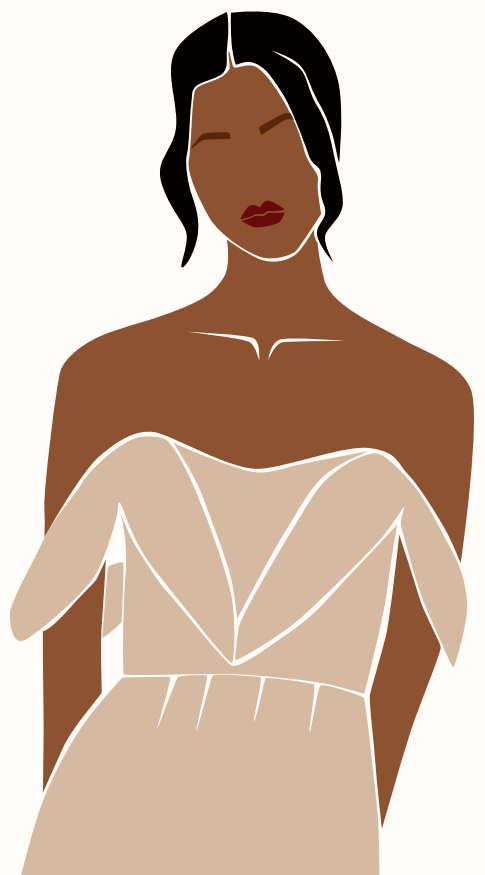


Dear diary...

3. How am I living outside of my values?

If you make choices in your personal or professional life that don't support your values, it's inevitable that you'll feel unhappy and out-of-balance.

Look carefully at your life right now to see how it might not match these important values.



Dear diary...

4. What do I fear the most?

We all have fears in life, but most of our fears relate to anxious thoughts about the future. We're afraid of failure, illness, death, embarrassment, rejection, and many other things. Often we have one or two persistent fears we struggle with most often. What are yours?



Dear diary...

5. What fears have actually come true in my life?

Have you ever noticed how most of your fears never come to pass? We might spend countless hours fretting about something that doesn't materialize. Or if it does, it isn't nearly as bad as we feared it would be. How many of your fears have actually come to pass, and were you able to manage them when they did?



Dear diary...

6. How do my close friends and family view me?

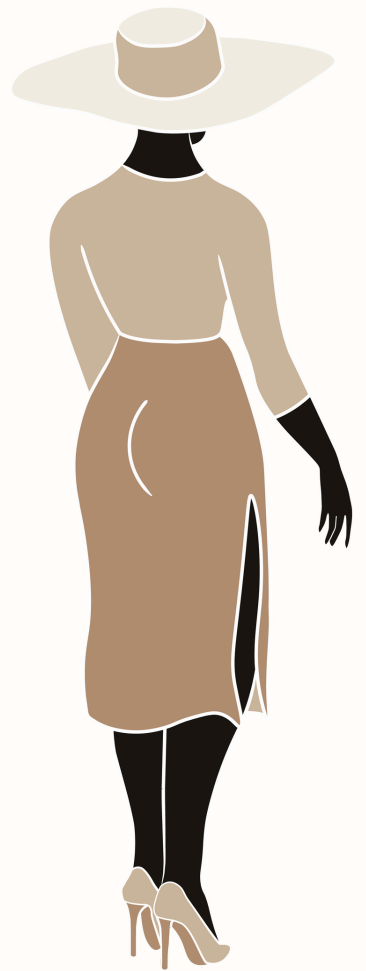
Seeing yourself through the eyes of those closest to you gives you a great picture of many of your true attributes. Often we see ourselves quite differently from the way we are viewed by others. If you don't know how others see you, ask them. Reach out to family and friends and ask them to describe you and share how they perceive your strengths and weaknesses.



Dear diary...

7. What are my greatest strengths?

What do you believe are your strengths of character, personality, and aptitudes? Where have you felt the most accomplished and successful? Defining and acknowledging your strengths will improve your confidence and self-esteem and show you where to focus your energies—on those areas where you excel.



Dear diary...

8. What are my weaknesses?

It's hard to face our weaknesses, but it 's important to do so in order to grow both personally and professionally. We want to play to our strengths, but also work on strengthening our weaknesses, which builds character, patience, and self-discipline.



Dear diary...

9. What beliefs am I holding on to that are no longer true for me?

Most of our beliefs about the world around us don't arise from our inner selves. We adopt the beliefs of our parents, our community, society, the media, our peer group, our bosses, and any number of people we associate with. Examine all of your beliefs—political, spiritual, societal, etc.—to see where some of these beliefs no longer reflect who you really are.



Dear diary...

10. How am I living a lie or living inauthentically?

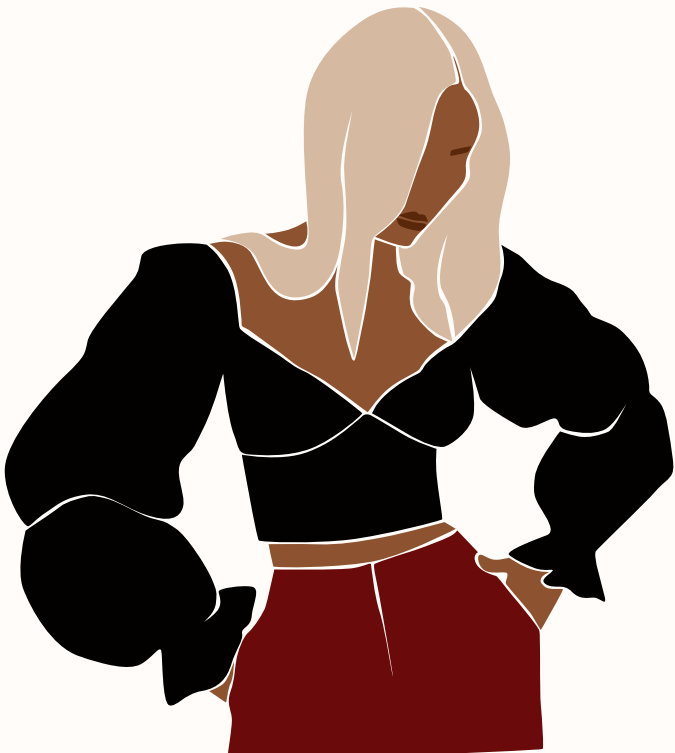
Acknowledging how you are holding on to old beliefs is one way of letting go of a lie. How else might you be living inauthentically? Often we pretend to be someone or something that we really aren't. Or we hold on to a deep secret or past lie that holds the key to our true selves, but we're afraid to unlock the door. Living your truth is the only way to experience happiness and peace of mind.



Dear diary...

11. Do I have shame or guilt that needs to be resolved?

Feelings of shame and guilt can hold you back from experiencing joy in life and can impact your confidence and self-esteem. If shame and guilt are related to something that needs to be resolved, what can you do to foster resolution? Sometime shame and guilt are unfounded and result from the expectations or behaviors of others. This kind of shame requires the support of a counselor or other helping professional.



Dear diary...

12. What am I doing to further my personal and/or spiritual growth?

Self-awareness requires ongoing inner work and continued personal and spiritual growth. This growth is facilitated by self-questioning, reflection, reading, being mentored, or participating in study groups. The more self-aware you become, the more you 're able to create your life and relationships around your authentic desires and goals.



Dear diary...

13. Do I know and understand my personality type and whether I'm an introvert or extrovert?

Your personality type helps you understand more about your natural aptitudes, interests, and preferences. Knowing your type helps you recognize why you behave and think the way you do, what kind of career you 're best suited to, and what personality types in others are best suited to you. Knowing whether you 're an introvert or extravert helps you manage your life in a way that sustains your energy rather than depletes it.



Dear diary...

14. Do I mostly see the glass as half empty or half full?

When you think about your life circumstances, do the negative, challenging events appear in the forefront of your thoughts, or do you focus on the positive, happy aspects of life? Be honest with yourself when answering this. Most of us dwell too much on negative thoughts, and your awareness of this can help you shift from negative to positive thinking.



Dear diary...

15. How am I giving away my personal power?

Sometimes we unconsciously allow other people or situations to control us and make us fearful of expressing our true desires. We disempower ourselves because we don't want conflict or the discomfort of asking for what we want, especially if it will cause discord. When you give away your personal power, you chip away at your self-esteem and resign yourself to a mediocre life.



Dear diary...

16. How am I struggling against life?

Any amount of struggle claims your energy. Often we are so dead set on a particular path or course of action that we push forward even when all of the signs tell us it 's the wrong direction. Or we adamantly resist change because we are so committed to the status quo. When we release the struggle and go with the flow, often we find we have a better outcome with far less pain and energy.



Dear diary...

17. What are the most important life lessons I've learned so far?

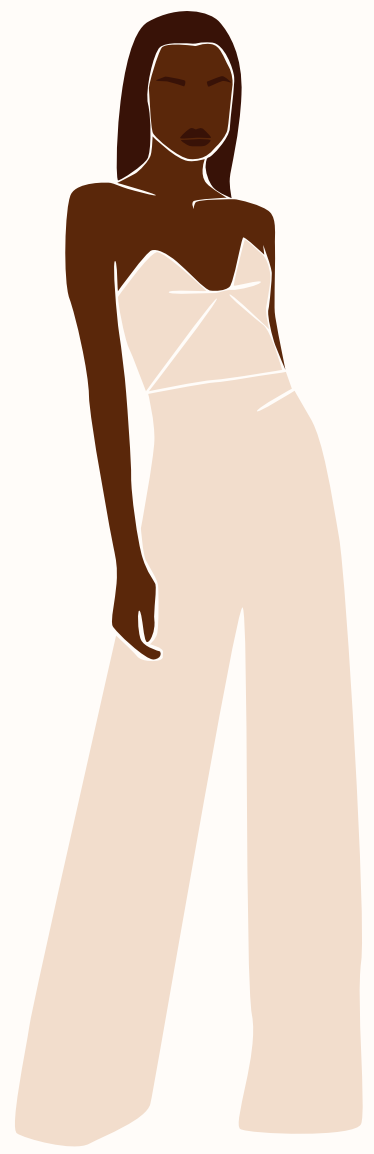
Simply by living we learn invaluable lessons. Most often, it's the challenges and difficulties of life that teach us the greatest lessons. Sometimes we resist looking back at past challenges because it's painful, but it's important to reflect on what you learned from these situations in order to use this knowledge for future endeavors and personal growth.



Dear diary...

18. How am I unnecessarily complicating my life?

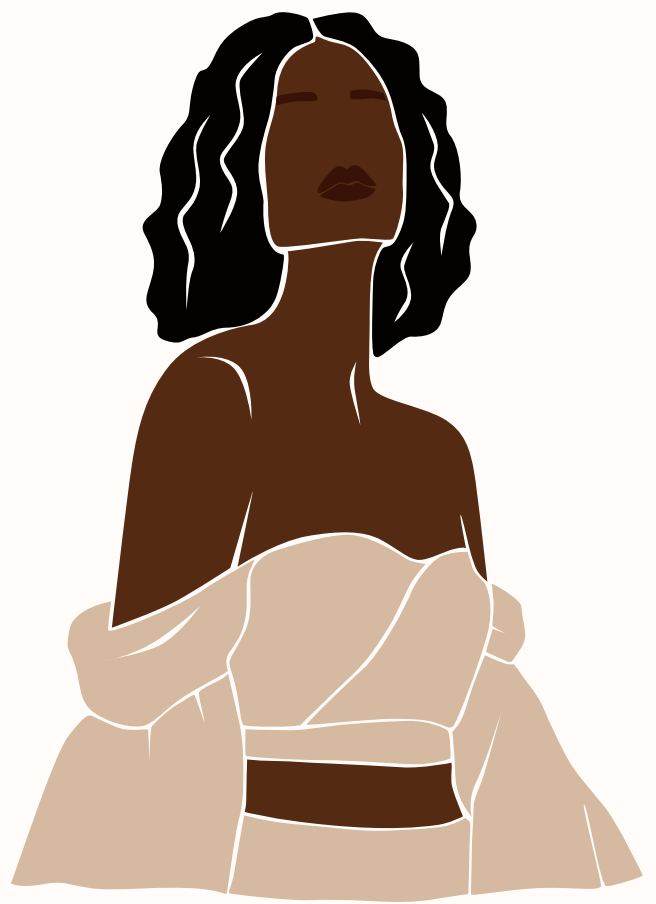
All of us tend to make our lives more complicated than they need to be. We do this by filling our schedules with too many obligations and unnecessary tasks. We also complicate our lives with unhealthy relationships, jobs we don't like, and more material things than we really need. All of these complications distract us from what is truly important and meaningful to us.



Dear diary...

19. What do I believe gives meaning and purpose to my life?

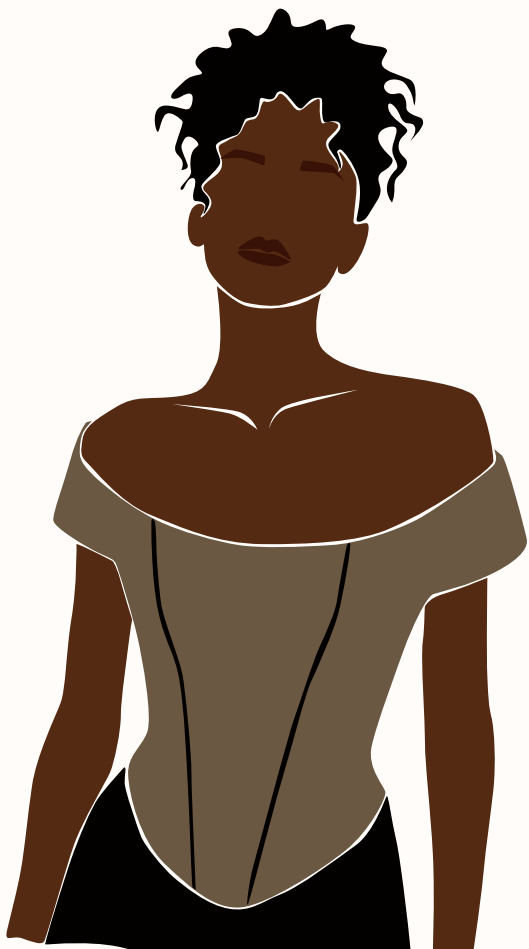
Once you define what is meaningful and provides purpose to your life, you 'll find it 's far easier to rid yourself of complications and distractions. When you have a purpose, you are focused and determined in a joyful way. You no longer have time for " filler " activities and superficial interests.



Dear diary...

20. If I had unlimited financial resources, where and how would I live?

We tend to believe a lack of money holds us back from our dreams, but if you had all the money you need, what would be your dream life? Often when we take the time to define our dream life and write it down, it becomes more real and achievable in our minds. Write down what your life would be like if you had unlimited resources.



Dear diary...

21. What do I feel passionate about?

Passions are those activities you “can’t not do.” They are the endeavors that draw us in and keep us focused, excited, and engaged. These endeavors can be in your professional and personal life. They might be hobbies, a cause you feel strongly about, or a business you find compelling. If you don’t know what you’re passionate about, take the time to find out.



Dear diary...

22. What is my vision for my life for the next ten years?

Creating a planned vision for your life gives you a roadmap to make your goals and passions come to life. You can allow life to just happen as it may with you as a reactor, or you can be a creator of your life, envisioning your future while remaining open to all possibilities.



Dear diary...

23. What specific actions am I taking to make that vision a reality?

Your vision can't manifest on its own. You have to make it happen. It happens by outlining the specific, small daily actions you need to take to move forward toward that vision. Are you acting on your vision or just dreaming about it? Only action determines your reality.



Dear diary...

24. On a scale of 1–10, with 10 being the highest, how would I rate my quality of life right now?

Where are you right now in your dreams for a better you and a better life? Are you living a great life and want to make it even better? Or do you feel very little about your life is working? Look at every area of your life, from your career to your relationships, and decide where you need to buff up your actions and choices. What can you do right now to raise your standards?



Dear diary...

25. What goal or dream have I given up on and why?

Have you had a goal or dream in the past that really excited you, but you let it go or never followed through? If so, what got in your way or undermined your enthusiasm or motivation? Is that roadblock still relevant or real? Is it time to revisit this goal or dream?



Dear diary...

26. What would I most like to change about my life?

What is the low-hanging fruit in your life that begs for change and attention? Maybe it's a relationship problem or the need for a job change. Maybe you aren't taking care of your health and fitness, or you don't feel you are surrounded by the right people. What is the one change you could make that would positively impact all other areas of your life?



Dear diary...

27. What am I doing to continue to improve myself, my skills, and my overall expertise?

A fulfilling life requires lifelong learning and growth. The more you learn, the more skills and experiences you have, the more marketable you 'll be in your career—and the more interesting person you 'll be in general. What actions are you taking to continue learning and skill-building?



Dear diary...

28. What is my most urgent personal and professional problem or challenge?

Life constantly presents us with challenges and difficulties. They arise in our personal and professional lives. We'd much prefer to push these aside or deal with them later, but right now is the best time to deal with the issue at hand. Define the most pressing problems you are facing right now.



Dear diary...

29. Where do I feel the most overwhelmed or stressed?

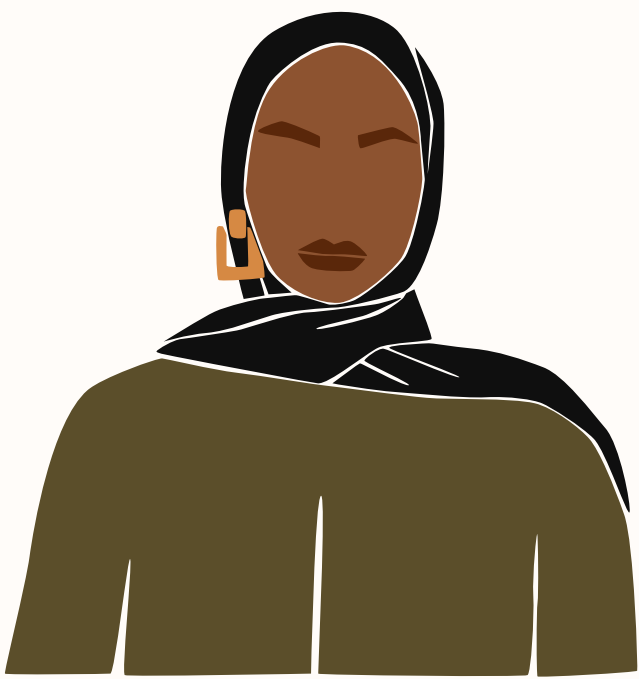
When you fill your life with unnecessary commitments and obligations, often your body and emotions will tell you that your priorities are out of balance. Pay attention to your stress level and your feelings of anxiety, irritation, or frustration. What is the source of these feelings?



Dear diary...

30. What opportunities do I have available to me that I'm not taking advantage of?

You might be missing opportunities or priorities right in front of you that you simply haven't pursued. Maybe there are people in your life who could support you, or skills you possess that you haven't fully taken advantage of. Think carefully about the opportunities you might be missing in your own life.



Dear diary...

31. How are my current life or work priorities out of alignment with my core values?

When you are living out of alignment with your core values, you will feel off balance and inauthentic. You might even feel some guilt or uneasiness about how you 're spending your time. Revisit your core values to see where you might not be honoring them in your daily priorities.



Dear diary...

32. Do I have a legacy I want to leave for the world, and if so, what is it?

Your long term priorities should reflect bigger goals and a more profound purpose for your life. What do you believe your purpose is for your life?

How do you want to impact your family, community, and the world?

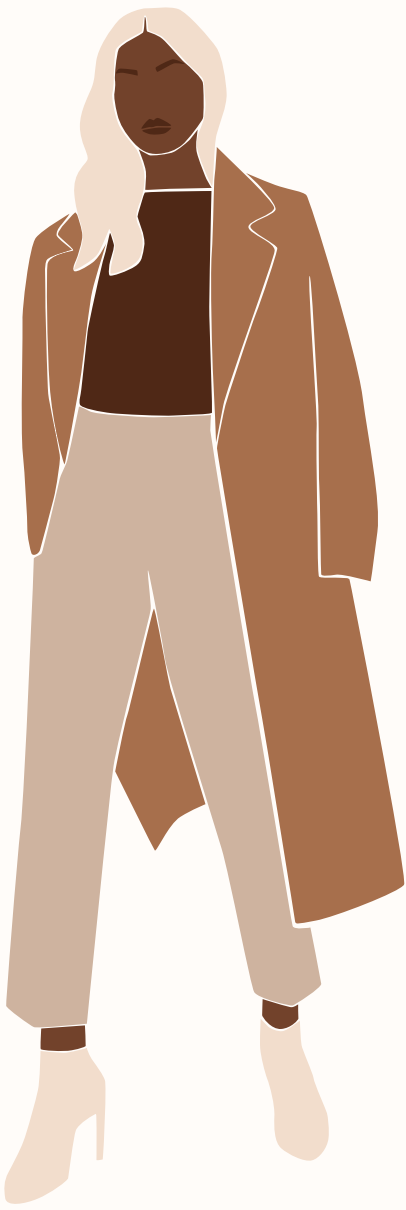
What specific actions are you taking to create your legacy?



Dear diary...

33. What five things do I spend most of my work day focused on?

We tend to be creatures of habit, even in our work. We have patterns of checking emails, allowing for interruptions, and creating other distractions that pull us from the valuable work that needs to be done. The way you spend your work days impacts your level of success in your career.



Dear diary...

34. . How much more money could I make if I were more focused and were properly inspired and supported?

Consider if you spent just 10 percent more time each day doing the valuable work that produces income or gets the attention of decision makers at your office? Or if you had the resources and support you need? How would that potentially impact your income?



Dear diary...

35. On a scale of 1–10, with 10 being the highest, how passionate do I feel about my job?

When you are passionate about your profession, it doesn't feel like work. It feels exciting and fulfilling. An uninspired, boring, passionless job depletes your energy and demotivates you. Where does your job fall on the passion scale?



Dear diary...

36. Where is the stress coming from in my work?

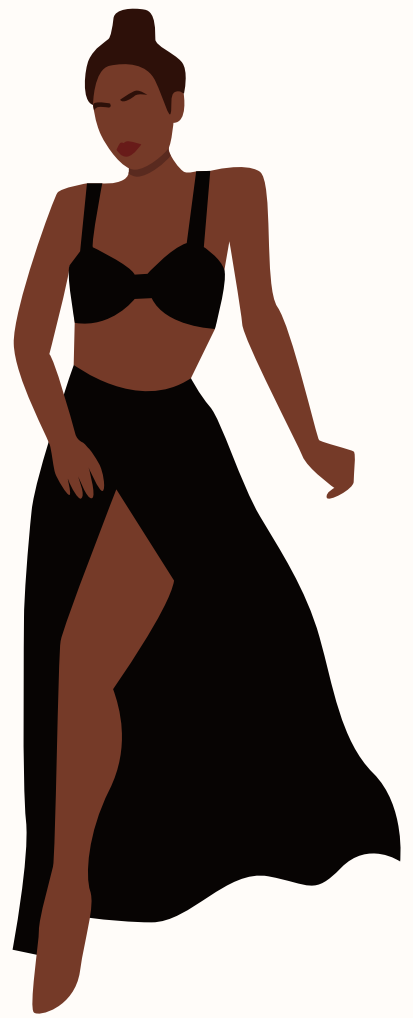
If you are feeling stressed, overwhelmed, and unhappy with your job, take the time to think about the source of your feelings. Sometimes we carry low-level feelings of stress and anxiety that seep out in the way we interact with others or in our health, but we may not be consciously aware of why we 're feeling this way. Examine your feelings to get to the root cause.



Dear diary...

37. What conflicts am I having at work?

It's possible some of your stress is related to conflicts with your work associates, your boss, or your clients. Are you aware of any ongoing conflicts or simmering tensions? Do you feel uncomfortable or ill-at-ease with anyone you work with?



Dear diary...

38. How much money is enough for me?

Take the time to think about how much money is really enough for you. At some point, there 's a diminishing point of return when it comes to income and life satisfaction. The more you make, the more complicated and demanding your life becomes. Create your own bottom line when it comes to a satisfactory income.



Dear diary...

39. What mistakes do I tend to make with money?

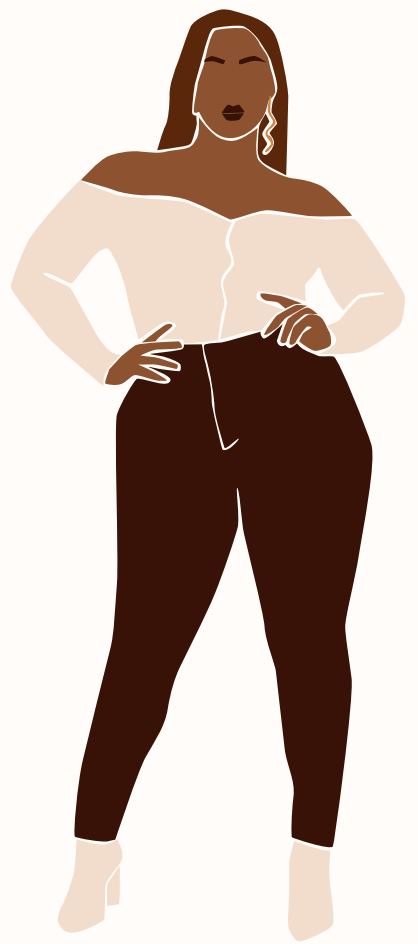
Most of us have made some poor decisions about money in the past. We've been through phases of overspending, getting into debt, or neglecting to save. What is your Achilles heel when it comes to money? What do you need to do to turn that around?



Dear diary...

40. What holds me back financially?

Do you have a mental or career roadblock standing in your way of reaching your financial goals? Do you have limiting beliefs about your ability to make money or hold on to it? Be honest with yourself and pinpoint what might be blocking you from being financially successful and secure.



Dear diary...

41. What is my mental attitude about money—do I see it as a plentiful or scarce resource?

Often we have attitudes about money that were handed down to us from our parents. If our parents had a “lack mentality,” we might see money as a scarce resource, with only so much to go around. This attitude makes us fearful and tight with our money. Do you see money as a very limited resource or one that is readily available to you? How is your attitude impacting your financial success?



Dear diary...

42. Where do I feel the most confident?

We can feel confident in some areas of our lives but not in others. We might feel great about our relationship skills, but we have self-doubt about our ability to succeed in business. Or we might be terribly shy in social settings, but completely confident working on a project. In what parts of your life do you feel the most confident?



Dear diary...

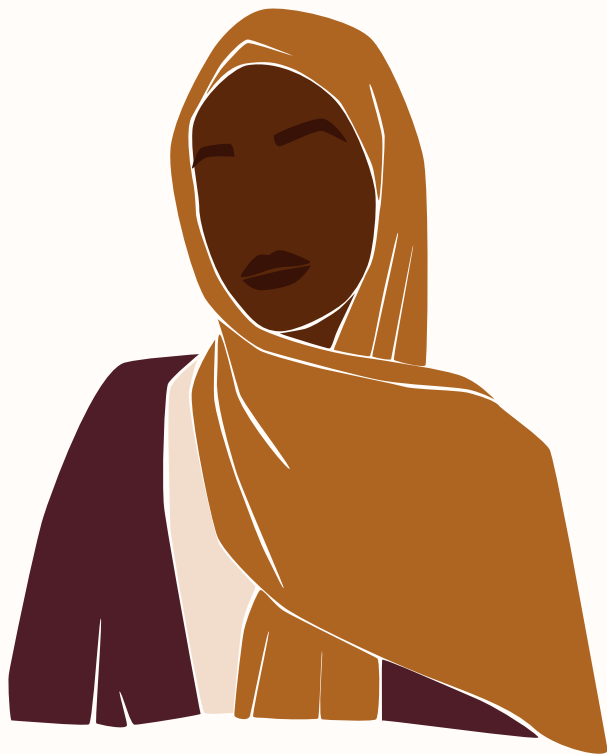
43. *Where do I feel the least confident?*



Dear diary...

44. What do I believe about myself that I know isn't true?

One of the main issues keeping us from improving confidence is limiting beliefs. Perhaps we were shamed or criticized in our youth, and we continue to hold these beliefs about ourselves. Or maybe a past failure or mistake leads us to believe we will never be successful. What beliefs are you hanging on to that are no longer true?



Dear diary...

45. What do I believe about myself that is true?

Perhaps there are areas of your life that need improvement, and this is undermining your confidence. We might lack skill, training, or experience which makes us feel inadequate. What limiting beliefs hold some truth and need your attention in order to boost your confidence?



Dear diary...

46. Do I like and love myself?

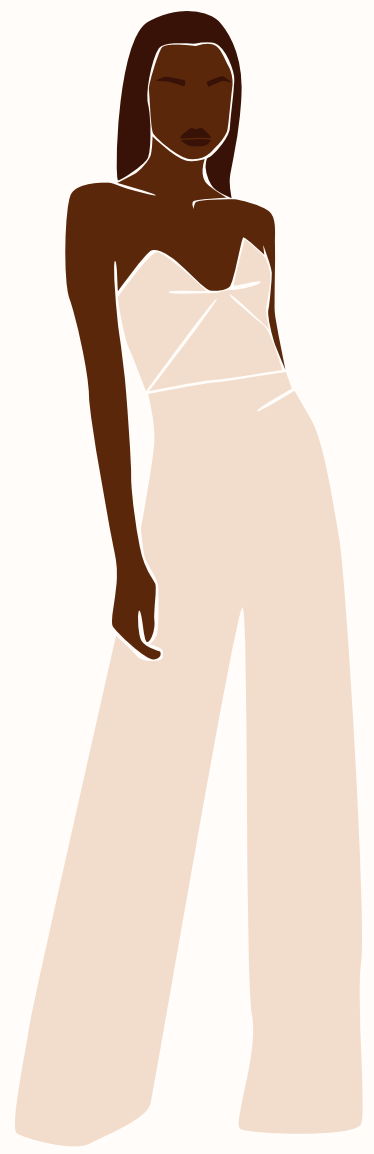
A big part of confidence is having the foundation of self-esteem. Self-esteem requires you to accept yourself as you are, while having the emotional maturity to recognize where you need to improve. It requires that you like the person you see in the mirror, and that you have enough love for that person that you can show compassion and forgiveness when necessary.



Dear diary...

47. What don't I like about myself?

If you don't like yourself, what exactly is it that you don't like? Is this something you can change or improve? If so, list the steps you need to take to make those changes. If not, can you begin to recognize the healing power of self-acceptance and acknowledge that everyone has flaws



Dear diary...

48. How do other people perceive me?

Often our self-perceptions differ greatly from the perceptions of others.

How do you think your close friends, family, and work associates view you? How would they describe your strengths and weaknesses? If you don't know, ask them to give you real feedback.



Dear diary...

49. What were my parents' expectations of me growing up?

Did you have parents who were highly critical, demanding, or demeaning? Or were your parents supportive, encouraging, and positive? Did they allow you to make mistakes and learn from experience, or did they step in and rescue you whenever you encountered a problem? Often our parents' expectations and behaviors around our successes and failures can have a huge impact on our levels of confidence.



Dear diary...

50. How did my parent's expectations of me impact my self-esteem and confidence?

As you think back on your parents' expectations of you and how they handled those expectations, consider how their behavior and words impacted the way you feel about yourself and your abilities. If they undermined your self-esteem and confidence, can you identify where their words and expectations are no longer true for your adult self?



Dear diary...

51. What events growing up negatively impacted my self-esteem and confidence?

Our parents aren't the only influence on how we view ourselves. Peers, teachers, role models, and many others can impact us. Even small events from the past can stick with us for years, making us feel inadequate and insecure. Can you identify any of these situations you 're still hanging on to?



Dear diary...

52. What events in my adult life have undermined my self-esteem and confidence?

It's not just your past life that contributes to low confidence and self-esteem. Any number of adult experiences can knock us flat and sabotage our inner strength. It can take years to recover our confidence after the loss of a job, a divorce, or a financial disaster.



Dear diary...

53. What skills do I need to learn that would improve my confidence?

Sometimes the only thing standing between you and your confidence is feeling you have the necessary skills, proper training, or enough knowledge and experience to perform successfully. What skills or training would help you boost your confidence?



Dear diary...

54. What emotions do I feel when faced with situations that make me lose my confidence?

Low confidence can make us anxious, guilty, embarrassed, angry, and frustrated. These emotions add a second layer of difficulty to our lack of confidence. This further depletes our energy and motivation and makes it more difficult to work on building our confidence.



Dear diary...

55. What do I need to improve about myself or my circumstances to maximize my chances for success?

If you lack confidence about your appearance, what can you do to improve your appearance? If you lack confidence about speaking in public, how can you become more skilled speaking? If you feel shy with meeting a potential romantic partner, how can you open up more? View your low confidence as a problem to be solved. What is the first step you need to take?



Dear diary...

56. What problems and crises do I keep attracting in my life?

Problems and crises that recur in your life are good signs of where you need the most awareness and growth. These problems can reflect our insecurities, blind spots, or emotionally immature behaviors. Consistently choosing unsupportive, controlling, or emotionally unavailable people suggests a self-esteem issue.



Dear diary...

57. What do I keep doing that limits my success?

Sometimes we are afraid of success, or we believe we don't deserve success. Or we might unknowingly behave in ways or make decisions that keep us from success. How are you holding yourself back from success, and what are you willing to change to correct that?



Dear diary...

58. Is there a common theme I see with my past failures and mistakes, and if so, what is it?

Think about the mistakes you've made or the failures you've experienced in the past. Do you see a common thread running through these situations? It could be a behavior, a decision-making process, a lack of planning, or an experience. By seeking out the common theme from the past, you can save yourself from making the same mistakes in the future.



Dear diary...

59. How much time do I spend thinking about the past or worrying about the future?

The only reality is the present moment, yet most of our thoughts relate to something that 's already happened or something yet to happen. How much of your life are you relinquishing to negative thinking, worry, or regret?



Dear diary...

60. What coping skills do I use to handle life difficulties and failures?

When you do experience problems and disappointments in life, what do you do to manage your feelings and move forward with your life? If you don't have coping skills at your disposal, this is the time to create some. These might include a supportive network of friends and family, a coach or counselor, prayer or meditation, or exercise.



Dear diary...

61. Am I experiencing any emotional difficulties that I'm not addressing?

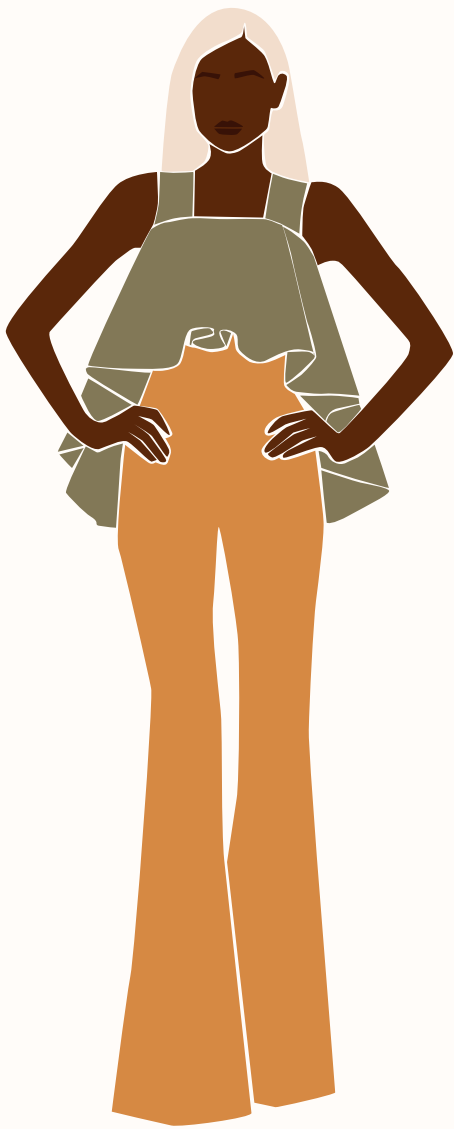
Think about how you've been feeling for the last few weeks. Have you felt anxious, depressed, angry, sad, stressed, or irritable? Maybe you've felt these emotions but haven't paid much attention to them. You can't leave them unchecked, so take some time to identify the cause of your emotions.



Dear diary...

62. Do I have a fundamental lie or deeply guarded secret that is causing guilt, shame, fear, or depression?

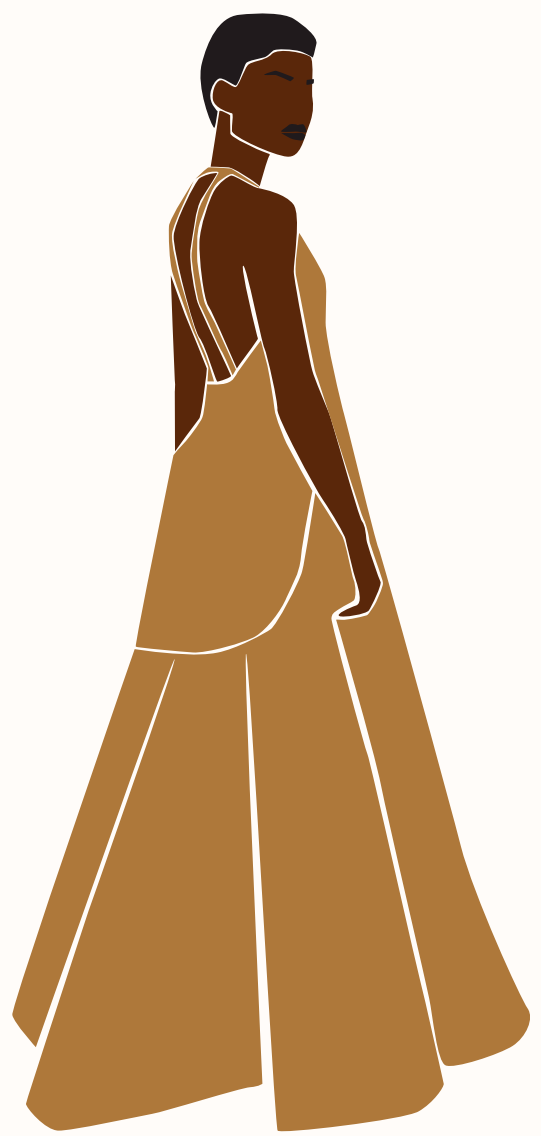
Some of our most negative, debilitating feelings come from holding on to a lie or secret. Ongoing guilt and shame can eat away at you and demolish your peace of mind and self-esteem. Find a professional counselor or someone you trust and come clean. The relief you feel will be liberating, and quite often it 's not nearly as bad or shameful as you feared



Dear diary...

63. How well do I recover from disappointments and failure?

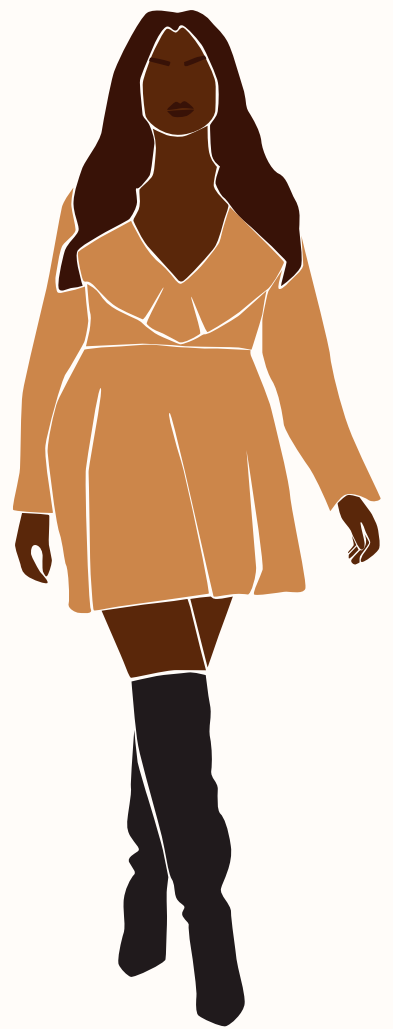
The most successful, confident people are able to quickly move past failure and disappointments without letting these issues drag them down or hold them back from their next endeavor. If failure debilitates you for months, or you find yourself dwelling on it every time you try something new, you need a strategy for moving past failure and learning from it. Look at your past disappointments and failures, and write down the lessons you have learned that you can use for the future



Dear diary...

64. What kind of support or resources do I need to correct any life problems or difficulties I'm experiencing right now?

If you are going through a difficulty or problem right now, you may be neglecting to find the support and resources you need to help you through it. Think carefully about what would help ease you through this situation. Reach out to friends and family. Practice compassionate self care. Don't neglect yourself during this time when you most need support.



Dear diary...

65. What are my feelings about my body?

Your body image can impact your confidence, health, and relationships.

When you don't respect your body, or if you have negative feelings about your body, you're more likely to mistreat it and not take care of your health. If you can make healthy changes to improve your body image, what actions can you take? If you can't change your body, begin to practice acceptance and love for your body in spite of its flaws.



Dear diary...

66. How do my feelings about my body impact my health decisions?

If you have a desire to remain healthy, fit, and active as you get older, then you 'll be more motivated to take care of yourself. You 'll stay on top of preventative healthcare appointments and design your diet and fitness so you can enjoy optimum health. What health decisions are you making that either support or undermine your health and body image?



Dear diary...

67. What are my feelings about aging?

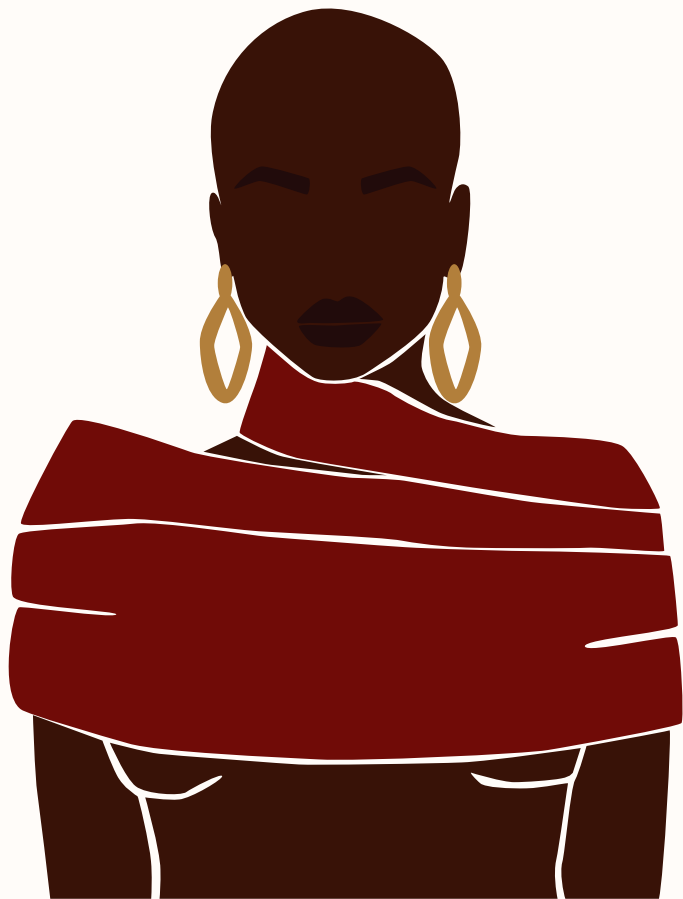
Do you fear aging or see it as a time of decline and loss? Or do you look forward to continued experiences, growth, and joy as you get older? Your attitude toward aging impacts your mental and physical health. What can you do to improve your attitude about getting older?



Dear diary...

68. What do I need to change about my diet and fitness habits?

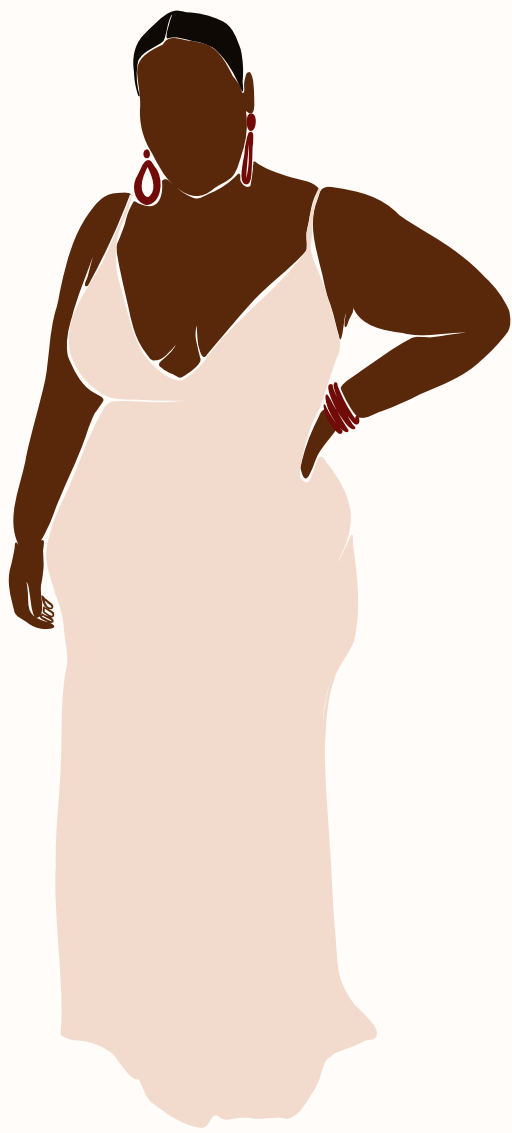
In general, what bad habits do you have related to diet and exercise that are holding you back from optimal health? Be real with yourself and honest about how you might be harming your health and impacting your longevity. Are you really willing to change?



Dear diary...

69. Do I get regularly scheduled physicals and exams and recommended preventative procedures?

Not only do exercise and diet impact your health, but also your commitment to preventative healthcare makes a difference in your quality of life and longevity. What check-ups or procedures are you putting off or ignoring? What could be the consequences of not handling these important appointments?



Dear diary...

70. Do I have strategies for managing stress?

Stress is a silent thief of your physical and mental well-being. Chronic stress can have serious health implications. Pay attention to the sources of your stress or the triggers that ignite anxiety and tension. What strategies do you have ready when stress overwhelms you? Do you utilize stress reduction techniques rather than ignoring your stress?



Dear diary...

71. What habits do I have that are not good for my mental or physical health?

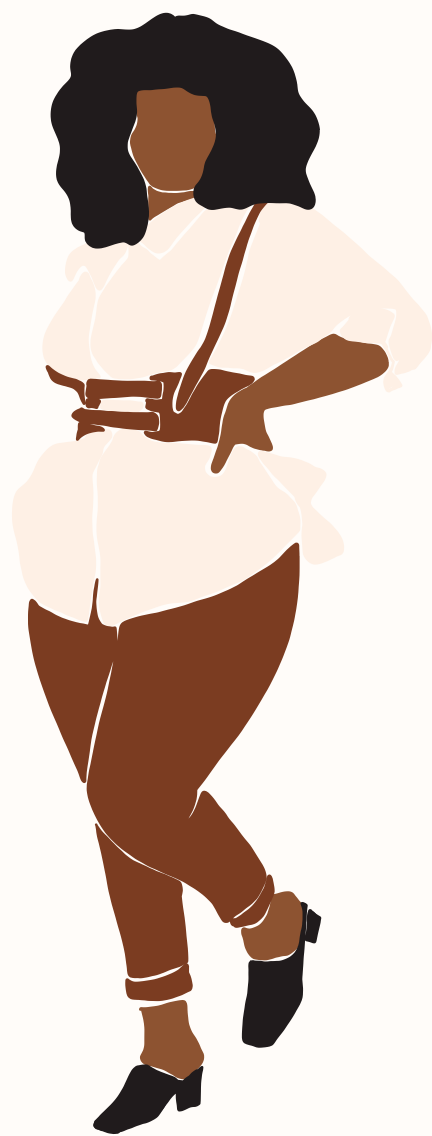
Do you have other bad habits—like smoking, drinking too much, or taking drugs —that compromise your health and wellbeing? Do you have a serious addiction that you 're not facing, or even a minor addiction you pretend is really nothing? Can you be honest with yourself and your loved ones that you are making destructive choices?



Dear diary...

72. . If I ' m not happy, what is the reason for my unhappiness?

Can you pinpoint the main cause of your unhappiness or dissatisfaction in your relationship? Is there a particular trigger for conflict or loss of connection? Do both of you feel unhappy or just you?



Dear diary...

73. What complaints have I consistently heard in my current and past relationships that I need to work on?

Sometimes we aren't aware of how we contribute to relationship problems. We are blind to our own insecurities, knee-jerk reactions, and unkindnesses. Look back over relationships you've had in the past. Do you see a consistent pattern of complaints from your past partners or love interests about your behavior? Pay attention to these patterns and see them as important areas of growth for you.



Dear diary...

74. What valuable lessons have I learned from past or current relationships?

Our intimate relationships provide us a wellspring of opportunities for learning and growth that we can take on to the next relationship.

Relationships bring out the best and worst in us and reflect back to us our deepest fears and longings. Think about every important love relationship you 've ever had. What lessons, both good and bad, did you learn from each person?



Dear diary...

75. How am I compromising myself in my friendship, romantic relationship or in any relationship?

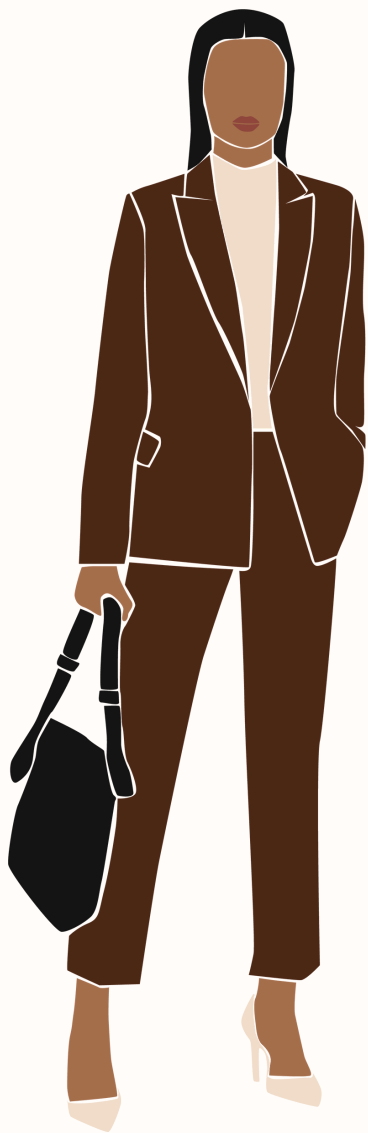
A healthy relationship allows you to become more of yourself, rather than forcing you to diminish yourself. It requires a reasonable amount of self-esteem and confidence from both people so that the relationship is grounded in mutual respect and intimacy. When you give up part of yourself to please someone out of fear or insecurity, you create imbalance and undermine the authenticity of the connection.



Dear diary...

76. What am I tolerating that I don't want to tolerate in any relationship?

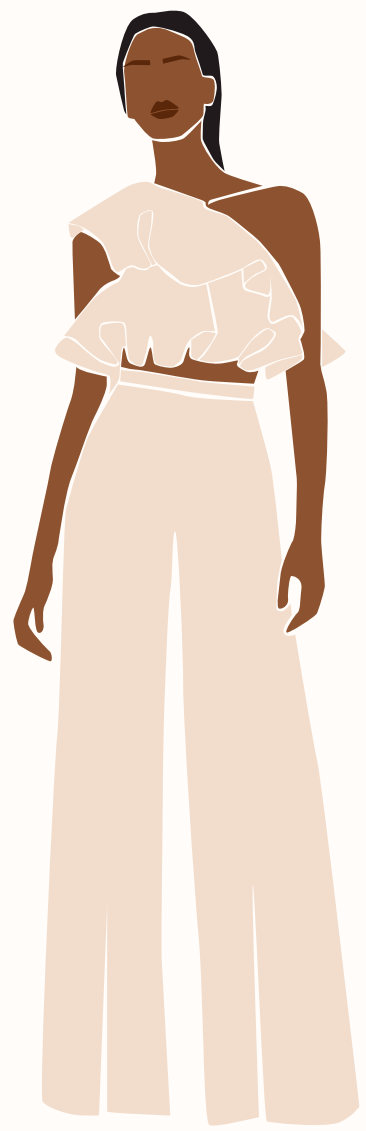
Compromising yourself often involves tolerating words, behavior, or decisions you don't want or like. Tolerating creates resentments, anger, and frustration that sucks the joy out of the connection. Where do you feel resentment or anger over something you are tolerating in your relationships?



Dear diary...

77. What boundaries do I need to set to stop tolerating toxic and harmful behaviors and spaces?

Sometimes we let things go on and tolerate them because we don't want to make waves, or we fear rejection. In healthy relationships, you have the freedom to kindly express your boundaries and request behavior change. Creating boundaries might be uncomfortable and create temporary discord, but ultimately the other person will respect you more.



Dear diary...

78. How well do I manage conflict in my relationships, and what do I need to do to improve?

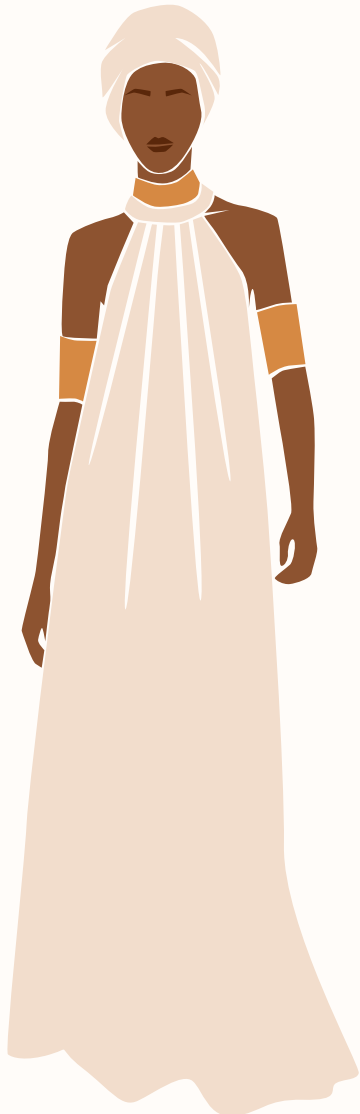
Conflict is inevitable in your relationship with your lover, family and friends. But how you handle conflict can make or break the relationship. Unkind words, passive aggressive actions, threats, and stonewalling are emotionally immature behaviors that push a couple further and further apart. When conflicts arise, what do you do to resolve the conflict in a way that puts the health of the relationship first?



Dear diary...

79. Am I getting my most important needs met in my relationship?

Everyone has needs they want met in their love relationships. These needs can include affection, intimacy, quality time, emotional support, and sexual connection. Your partner may not know all of your primary relationship needs. If some of your needs aren't being met, how can you communicate them to your partner to ask for what you desire?



Dear diary...

80. Am I honoring the important needs of my love partner, children, friends, and family?

Your love partner and the people in other close relationships also have needs. It's likely you aren't meeting all of their needs, as we can't be all things to all people. But you can show love and attention to these people by asking them what their needs are and how you can help meet them.



Dear diary...

81. Do I use passive aggressive behavior or manipulation to get my needs met?

When we expect our people to read our minds and meet our needs without telling them what we desire, then we set them up for failure. Often we resort to back-handed words and actions to try to get our needs met. How are you failing to be direct and open with your partner? What behaviors do you need to stop that are passive or manipulative?



Dear diary...

82. Have I left anything unresolved with someone I care about?

It's nearly impossible to have intimacy and connection in any relationship when there's an unresolved conflict or unspoken issue between you. What is the elephant in the room with any of your relationships? Are you harboring anger, guilt, or resentment — or do you think someone has these feelings about you.



Dear diary...

83. Do I need to apologize to anyone?

Is there anyone in your life right now to whom you need to apologize? Or is there anyone from your past you neglected to apologize to who should hear your apology now? What are you willing to do this week to set things right?



Dear diary...

84. Do I offer forgiveness freely and completely?

An apology isn't genuine unless it's offered freely and without conditions or excuses. You must completely own your mistake and do what you can to rectify the situation. The only way to regain trust and restore the situation fully is by not repeating the behavior or words that required the apology.



Dear diary...

85. How am I attempting to control or change someone else?

Sometimes we try to bend others to our will or desires through manipulation, passive aggressive behaviors, or intimidation. We want things to go our way, and we want others to recognize that our way is the best way. When our egos get in the way, we see the people around us as extensions of ourselves, so we try to change them to reflect well on us. We don't fully accept them for who and what they are.



Dear diary...

86. How am I isolating myself or pushing others away?

Do you find yourself spending a lot of time alone, avoiding social events, or even sabotaging relationships to push people away? This could be a sign of low self-esteem, depression, or social anxiety. Or maybe you've been wounded or rejected by someone and don't want to risk that pain again. What can you do to begin reconnecting with people?



Dear diary...

87. Am I doing what is necessary to nurture my close relationships?

All close relationships require time and attention. They require open communication, shared experiences, and mutual respect and support. Even friends who live far away need to connect with you by phone or email regularly. Are you paying proper attention to the people you care about?



Dear diary...

88. Do I generally invite high quality, trustworthy people into my life? If not, why not? Look carefully at the people you surround yourself with. Do they uplift and support you or diminish you in some way? Do they energize you or drain you? Do they have integrity and emotional maturity? Are you inspired by them or embarrassed by them? The people around you are a reflection of you. What relationships do you need to change, and how can you create a higher standard for who you select to be in your life?



Dear diary...

89. Am I living in a city and community that I love?

Your environment sets the tone for your lifestyle, and it should reflect the person you are, your interests, values, and personality. Are you living in a city or community that feels like the best fit for who you are?



Dear diary...

90. How much time do I spend every day doing things I really enjoy?

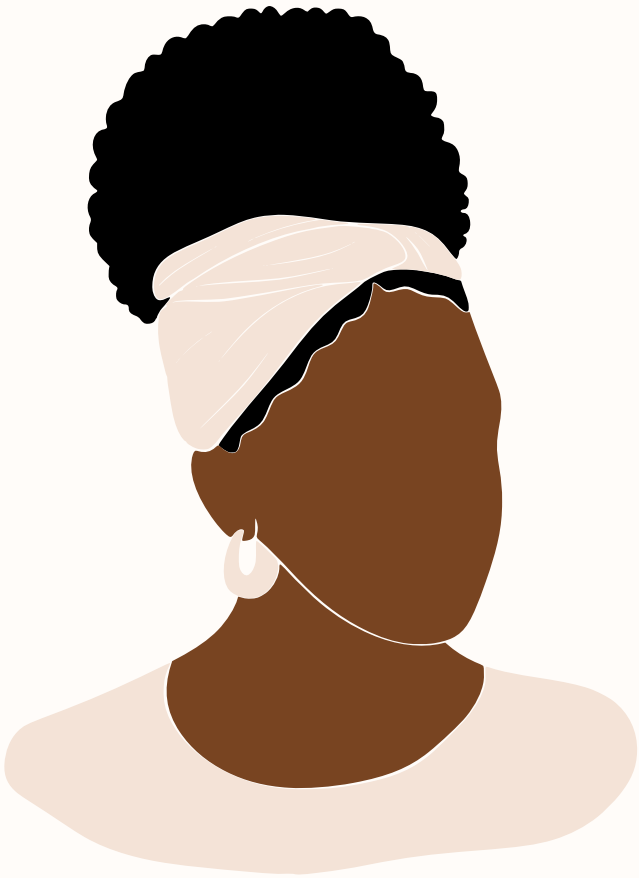
Mentally review how you spend the hours of your day. Go through each activity, and ask yourself if you feel happy or fulfilled doing what you 're doing. How much time do you give up to activities that bore you or you don ' t like? What are you willing to do about it?



Dear diary...

91. Am I living in a home that reflects who I am and how I want to feel?

Does your house reflect who you are, your style, and the way you want to live? Is it cluttered and untidy? Have you allowed things to look tired and dated? How do you feel when you walk in the door—restored and peaceful or stressed?



Dear diary...

92. How much time do I allow myself for brainstorming and contemplation?

Everyone needs to simply be. We need to step away from obligations, work, and distractions and quietly contemplate ourselves, our lives, and our relationships. We need the mental and physical space to allow ideas to form and creativity to flourish. How can you create that time for yourself?



Dear diary...

93. Do I pay attention to my inner needs and happiness?

During this contemplation time, reflect on what you might need in your life to contribute to your happiness. Do you listen to your intuition and pay attention to restlessness, agitation, and longing? Do you actively try to put yourself in situations where you feel happy and peaceful?



Dear diary...

94. Do I have a fulfilling social network of friends?

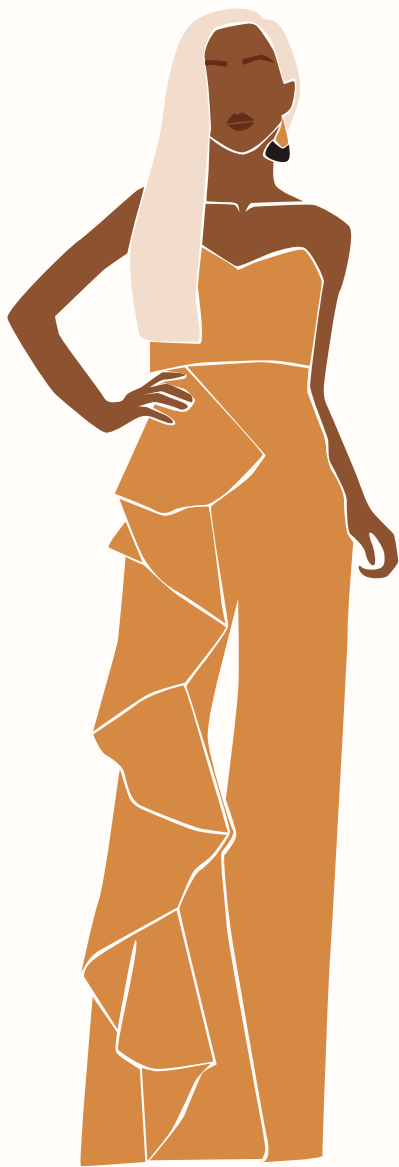
Socializing with close friends is an essential element of a happy life. We all need a social network for camaraderie, support, and fun. Do you have an adequate network of friends to meet your social needs? Are these people in your “tribe”—are they like-minded, uplifting people you enjoy?



Dear diary...

95. How do I need to simplify my lifestyle?

How complicated is your life? How many obligations and tasks have you crammed into your day? How many material things do you have that require ongoing maintenance and attention? A simple lifestyle leaves more room for relationships, experiences, and peace of mind. How can you simplify your life?



Dear diary...

96. What could I delegate or eliminate from my life to make it more enjoyable?

If your life is complicated and over-scheduled, and you feel you don't have any time to enjoy what is meaningful and important to you, how can you carve out more time for yourself? What could you have others do for you, and what can you simply drop from your life to free up more time and space?



Dear diary...

97. What is preventing me from living peacefully?

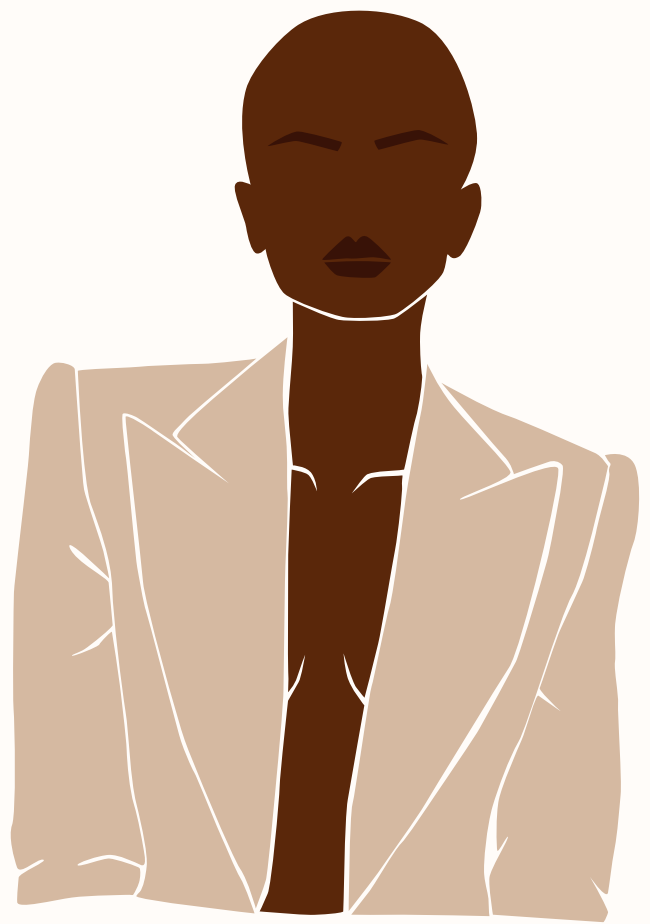
Do you enjoy peace of mind and freedom from worry most of the time? If not, what is holding you back from a peaceful existence? How can you create more peace and joy in your life? What needs to change?



Dear diary...

98. Do I feel fully satisfied in my lifestyle, and if not, what do I need to do about it?

Even though you might have a great lifestyle that's aligned with your values, is there something that could be better? Is there something you would want to add to your life or change in order to make it more fulfilling and satisfying?



Dear diary...

99. Am I living my own life or someone else's?

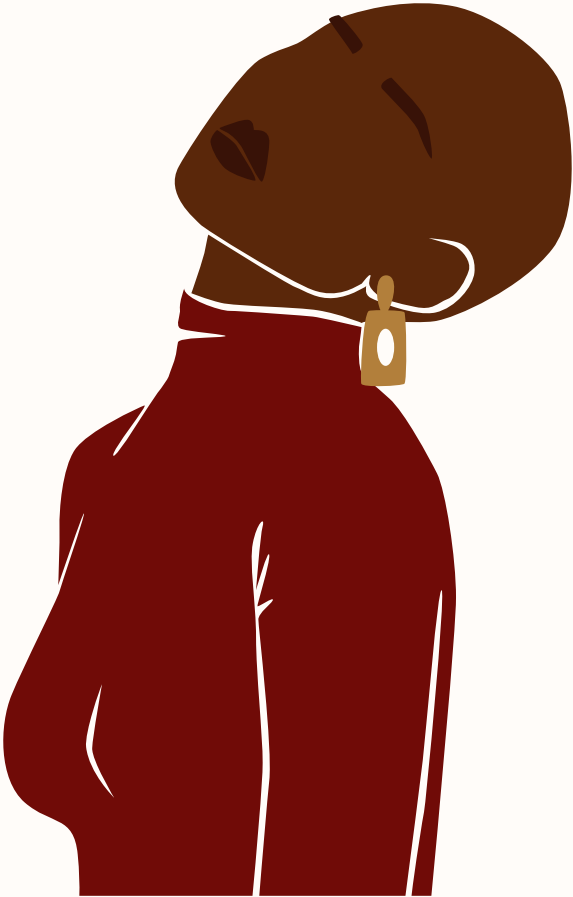
Does the way you live really reflect who you are, or are you living the idea of who you are supposed to be? Does something feel “ off ” about your life, like you're not being authentic, or you're pretending based on expectations or confusion about yourself and your place in the world? What is the first step toward living authentically and expressing your true self?



Dear diary...

100. How do I anticipate my lifestyle will change in the next ten years?

What are your goals for how you want to live in the next ten years? Do you see yourself living in the same city or the same house? Do you envision you 'll travel more or spend less time working? Do you hope to retire early or begin a family? How are you laying the groundwork for your vision of the future? What steps do you need to take in the next weeks and months?



Thank
you

This self-discovery workbook has come to an end, but your journey continues. I hope that you are on a path to creating and changing your relationship with yourself, overcoming your fears (and other limiting core beliefs), understanding your story, and your thoughts, emotions, and behaviors.

Hopefully you have gained awareness about yourself, along with a new perspective on your story. And I hope that you have accepted what you can't change and you have committed to the changes that you can make to enhance your life and create the lasting, loving relationships that you desire. I hope you now recognize that change does not happen quickly or easily. I encourage you to review and reread many parts of this journal.

Be compassionate with yourself while pushing yourself to do the work. If you have questions for me, please contact me through my website www.nyatichi.com. Also on my website you will find additional information and resources that you might find helpful as you continue this journey.

I encourage you to keep journaling. It's a great way to stay on track and mark your progress. And it has the added benefit of keeping us present with our experiences. Your journey continues....

Good luck and Godspeed.

Sincerely,

Nyatichi