



HEALING LIGHT SA — CLIENT WORKSHEET

30-Day Self-Discovery Workbook

One reflective writing prompt a day for 30 days of self-discovery

This workbook belongs to: _____ (your name here)

One reflective writing prompt a day, for 30 days. There's no wrong way to do this — skip around, take a break, come back to it. Use the four lines under each day to write, list, or sketch your answer.

Day 1: Who Am I?

Answer with one-word nouns or short sentences. Keep asking yourself the same question over and over. Continue to write different answers in each space. Your answers may go: I am a son or daughter, I am a 27-year-old, I am an artist, I am a basketball player, I am an author, I am a cookie lover, etc.

Day 2: The Descriptive Me

Answer with descriptive words. Keep asking yourself what describes me. Your answers may go: I am creative, kind, athletic, smart, caring, artistic, loving, lovable, etc. Try to write one for each letter of the alphabet if you have a difficult time — athletic, bold, confident, determined, etc.

Day 3: My Personal Values

First, make a list of things that are most important to you. Second, rank these in order from the most important to the least important. Your list could include: family, friends, a partner, faith, work, hobbies, education, etc. What things are important to you?

Day 4: My Favorite Leisure Activities

Make a list of activities that you enjoy doing for each section. You may not have an answer for each space provided — that's okay. Relaxing activities, outdoor activities, family activities, fitness activities, personal enjoyment, friend activities, creative activities, spiritual activities, hobbies/collections.

Day 5: Things I Am Thankful For

Being grateful is very powerful. Instead of focusing on what you don't already have, this entry will help you focus on what you already have and appreciate. Make a list of things you appreciate in life — being alive, having a family, having food to eat, good health, etc. Focus on what you do have in life.

Day 6: My Most Inspirational Movies

Some movies inspire us. Some have a lifetime meaning. Make a list of any movies you enjoy. What do these movies say about you as a person? Are they comedies, drama, or action? Do you relate with any of them personally?

Day 7: My Most Inspirational Music

Make a list of types of music, favorite songs, or favorite bands below. What do these songs or types of music say about you as a person?

Day 8: My Most Inspirational Books

Create a list of all your favorite books below. They could be childhood favorites, or they could be novels, self-help, or any book that has had meaning to you. What do these books say about you as a person?

Day 9: My Relaxation Place

Create your own relaxing place that you can go to in your mind. For example, at a private beach you could see ocean waves, clouds, a sunset, and dolphins. You could feel the sand and the wind, touch a palm tree, taste the ocean air. Where is your place? What do you see, hear, feel, taste, and smell there?

Day 10: The Most Important People in My Life

Make a list of the most important people in your life at this time. Have you let each of these people know they are important to you? Make a goal to tell each of them how much you appreciate them — a small gift, a card, or just telling them. Make their day special.

Day 11: 20 Years From Now

Imagine what you would like to be doing 20 years from today. That's a big difference in a life. Ask yourself: what will I be doing then? What type of people will I be working with? What type of people will I be spending my leisure time with?

Day 12: My Best Childhood Memories

What did you enjoy doing during your childhood years? What games did you play? What activities did you take part in? What was popular back then?

Day 13: My Best Vacation Memories

Reflect on vacations. What do you like to do on vacations? Do you have any special memories about a vacation? Do you have any plans for a future vacation?

Day 14: Ways I Like to Enjoy Holidays

Write a list of five to ten of your favorite holidays below. Write how you like to spend each of these holidays.

Day 15: My Doodle Art

Take a pencil or pen and place it in the middle of the space below. Without lifting the pen, continue to doodle, scribble, and make swirls or shapes. Be creative — you can go outside the lines.

Day 16: My Reflection on My Doodle Art

What images do you see in your doodle? What would your doodle say about you as a person? Can you find any hidden meaning in it?

Day 17: If I Were an Animal

If you were an animal, what kind would you be? Explain why. Be creative — what kind of bird or fish would you be, and what does that say about you?

Day 18: The Best Lessons I've Learned in Life

Create a list of the best lessons you've learned in life. These could be things you've heard from parents, grandparents, teachers, movies, or friends. They could be lessons you've discovered entirely on your own.

Day 19: Things I Want to Have in Life

Create a list of material things you would like to have in life. Remember that material things don't necessarily make anybody happy — but it's still worth being honest about what you want.

Day 20: Things I Want to Do in Life

Create a list of things you want to do in your life before you die. Do you want to learn how to do something? Be creative. Write it down even if you think it could never happen.

Day 21: Places I Want to Go in Life

Create a list of places you would like to see in your life before you die.

Day 22: Things Children and Youth Should Have in Life

Create a list of things that you think all children and young people should have in life.

Day 23: Things Elderly People Should Have in Life

Create a list of things that you think all elderly people should have in life.

Day 24: Things I Should Have in Life

Create a list of things that you think you deserve to have in life.

Day 25: Talents I Should Develop

All people have talents. If you don't use them, you could lose them. Every athlete, musician, and author has practiced their talent for years and years.

Create a list of talents you have or would like to develop — maybe you loved to paint, but haven't done so since you were younger.

Day 26: Ways I Can Make the World a Better Place

There's a simple rule worth teaching: use your hands and words only to make the world a better place, and treat other people the way you want to be treated. Use the space below to list things you could do to contribute to making this world better.

Day 27: My Perfect Day

Describe your perfect day from the time you wake up until the time you go to bed. Be creative.

Day 28: My Definition of the Secret of Life

Create your own definition for the secret of life.

Day 29: My Hopes and Dreams for a Better Tomorrow

Take a moment to think about your own future. Create a list of your hopes and dreams.

Day 30: My Life Mission

Create your own life mission — a mission that defines the purpose of your life. It could be one word, a slogan, a poem, or a list of what's important to you. It doesn't have to be perfect yet; you can always change it. We live in a changing world, and so do the people in it.

REFERENCES & SOURCE

1. Adapted from the *30-Day Self-Discovery Workbook* by Danny Pettry, MS, CTRS. Originally published at dannypettry.com/30dayworkbook.pdf. Free to print, distribute, or share for personal/educational use per the original author's permission notice. Credited here to Danny Pettry / DannyPettry.Com.
2. Danny Pettry is a Certified Therapeutic Recreation Specialist (CTRS) who has worked in psychiatric and recreational therapy settings since 2002, and provides continuing education for recreational therapists and allied health professionals through DannyPettry.Com.