



From Ilana's Desk



Discovering your true identity and who you really are is the ultimate purpose of any journey of self discovery. We're going to start by asking some simple questions which have very deep answers.

Take your time over this and revisit these questions and the answers you have written on a regular basis. Just by asking the questions will open you up to new discoveries.

You are extraordinary,

Ilana

Contact me:

Ilana Jankowitz | Email: ilana@MindfulMoneyCoaching.com | Calendar: <https://calendly.com/moneymagic>



M i n d f u l M o n e y C o a c h i n g . c o m

With each of these questions, start by writing down the first thoughts that come into your head. Don't think too hard at first. It doesn't matter if all you write is a few words to capture your ideas. You can even draw pictures if that works for you.

Then, once you have gone through each question like this, go back to the beginning and take more time to expand on those first few ideas. Draw from the initial responses to other questions to fill out a full picture of every aspect of life.

Who am I?

If I could create the life I wanted, what would that look like?

What have I learnt from my past experiences that I can use to shape my future?



What are the values that are most important to you? How do they affect your choices?

When are you at your best?

What do you believe is possible in your life?

What do people remember you for? What do they say about you to others?



If life is a journey, what is the final destination you are aiming for?

When in your life are you most honest and respectful of others?

What are the things in your life you are most grateful for?

In completing this exercise, you will have learned a great deal about yourself.

Don't be surprised if you uncover a few things that surprise you and which aren't what you expected to find. That is perfectly normal.

Come back to the exercise often - as you grow, so will your understanding of yourself.



Notes

