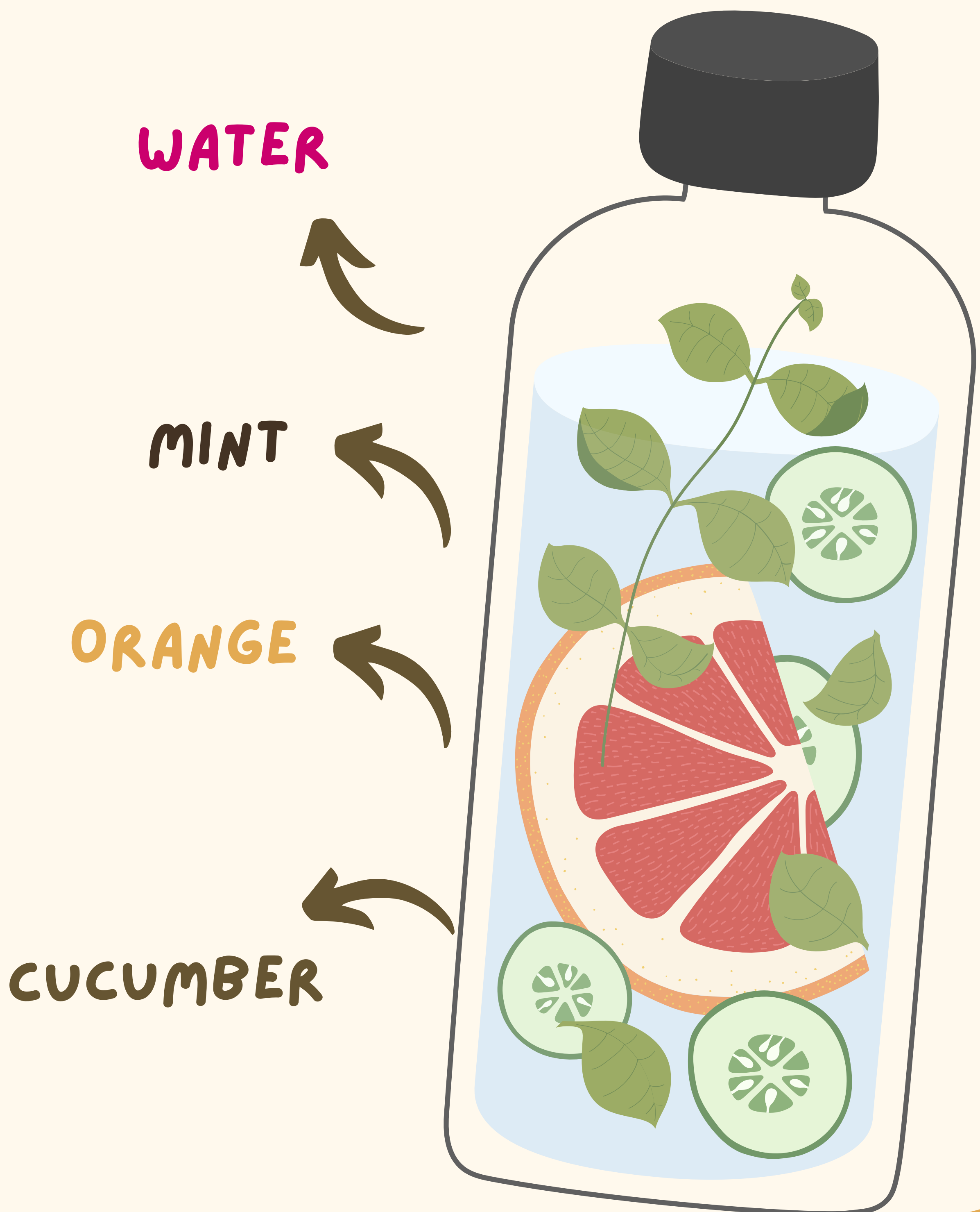




Self-Exploration Workbook

Get to Know YOU Better With
Writing Prompts For Self-Reflection

WE KNOW
INFUSED WATER
TAKES ON THE FLAVOR OF
INGREDIENTS PRESENT

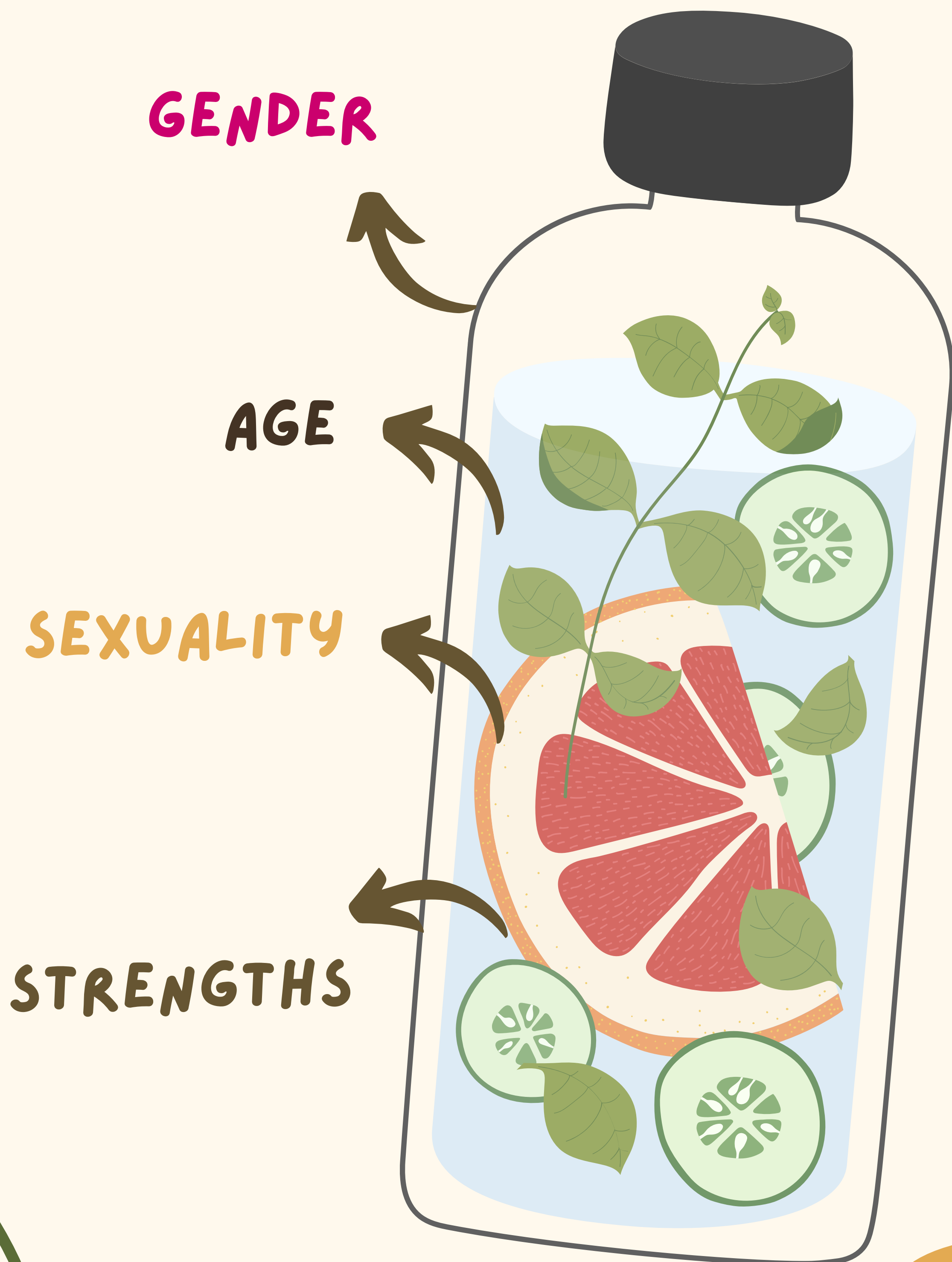


IN A VERY SIMILAR WAY,

IDENTITY

TAKES ON ALL OF OUR

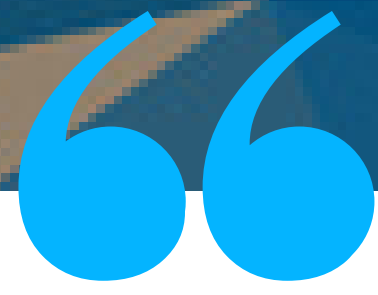
UNIQUE ATTRIBUTES



TO BETTER KNOW SELF

WE CAN INVESTIGATE OUR ATTRIBUTES






**WHICH OF
MY IDENTITIES
AM I MOST
PROUD OF?**

WHY?





**WHICH OF MY
IDENTITIES IS THE
MOST DIFFICULT
TO TALK ABOUT?**

WHY?





**WHICH OF MY
IDENTITIES DO I
NURTURE
ON PURPOSE?**

HOW?



**WHICH OF MY
IDENTITIES DO I
NEGLECT
MOST OFTEN?**

WHY?

What Strengths
Do I Already Have
that Help Me TRUST
that I am
Successful



WHAT PRACTICES
AM I UTILIZING TO
ACHIEVE
SELF-LOVE?

Compare myself to
NO ONE

Make **ME**
proud of **ME**

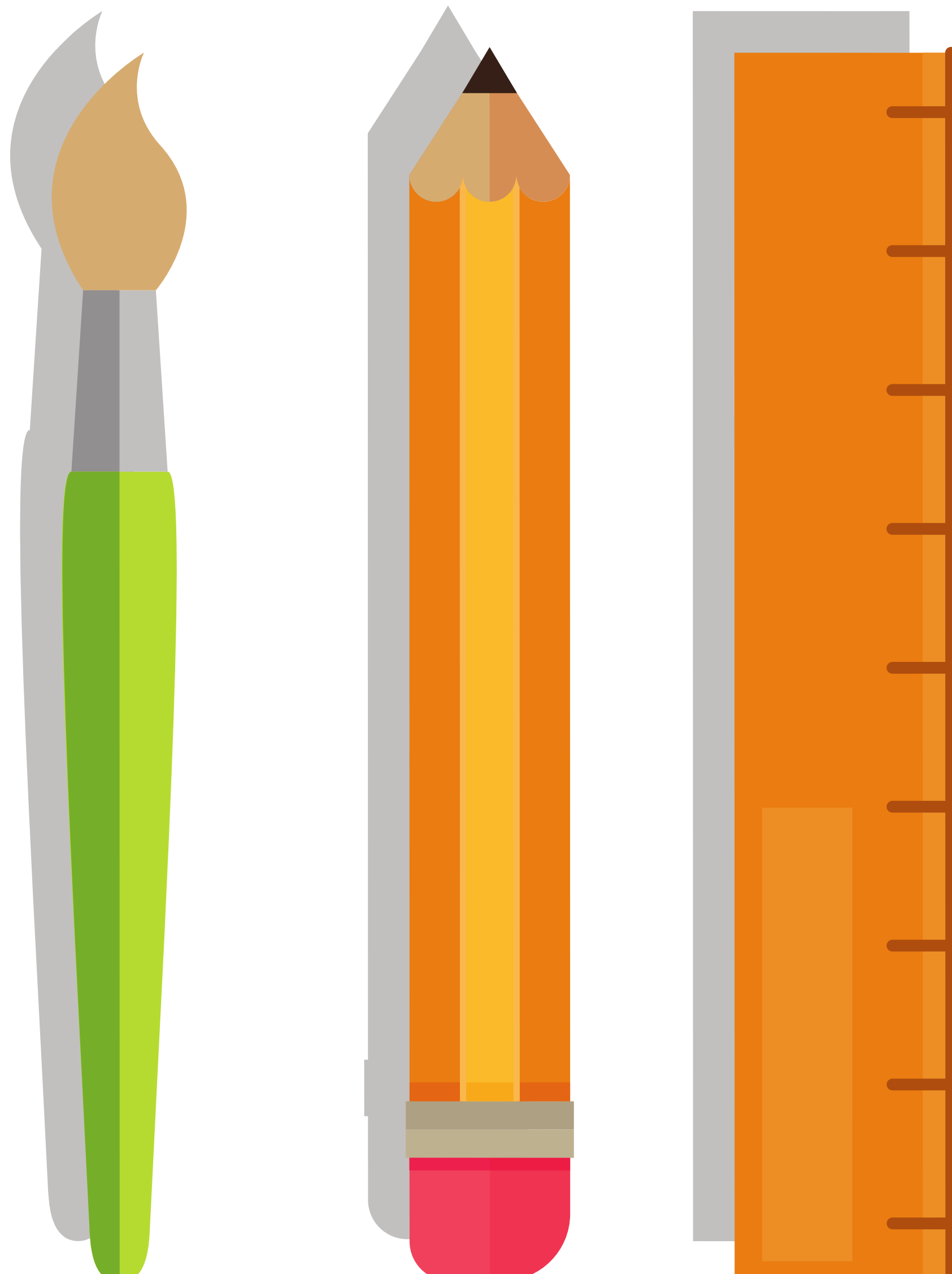
Give myself
PERMISSION to be
BRAVE and **UNIQUE**

Ask for **HELP**
when I **DESERVE IT**



AM I CONFIDENT ABOUT MY JOURNEY?

Do I TRUST Everything Will Fall Into Place Soon Enough?



DO I ASK FOR HELP WHEN I NEED IT?

Do I Know Where To Get Help?

DO I USE

SELF-CARE

TO SUPPORT ME?

WRITE
AFFIRMATIONS

WALK
IN NATURE

MAKE A
VISION BORD

BREATHE
DEEPLY

COOK MY
FAVORITE MEAL

WRITE ME
LOVE NOTES

WATCH
THE SUNRISE

GO FOR
A LONG WALK

LIGHT MY
FAVORITE
CANDLE

WRITE 5
THINGS I
ENJOY

EXERCISE
OR YOGA

SLEEP

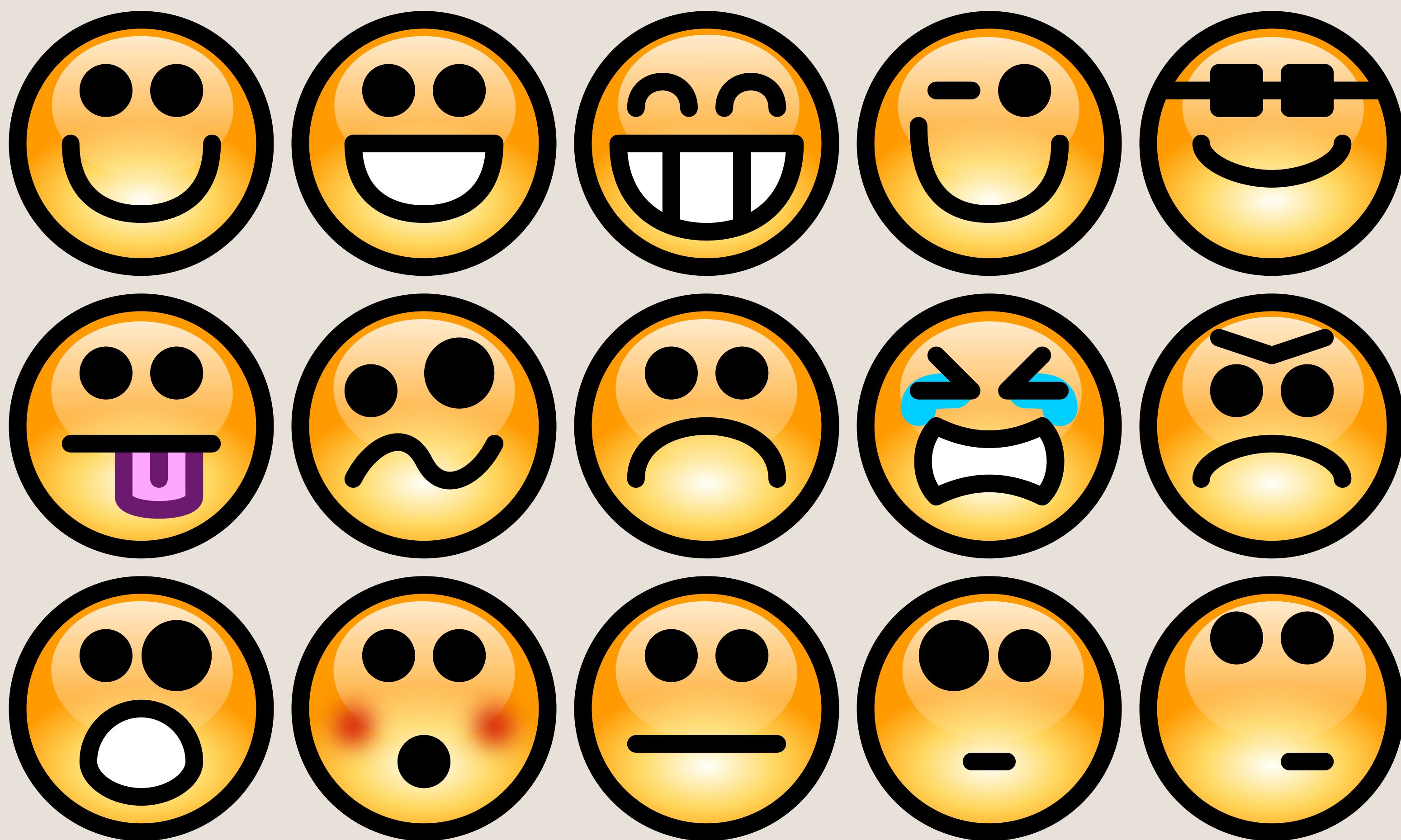
Ways I experience

joy



AM I CONFIDENT THAT I CAN NAME MY FEELINGS?

Do I Use the Feeling Wheel to support my ability to name my Feelings and understand my Needs?



DO I PRACTICE EXPRESSING MY FEELINGS IN WORDS?

Do I feel confident about my ability to express my Needs to others?

What am I most interested in

Learning?

How growth can be
nurtured in stillness

How comfort can be created
even in the hardest of moments

How to be proud of me
in moments of failure

How to celebrate small
victories and determination

How to give my mind time
and space to recharge

When I Get Stuck, Do I Use the

DISCOVERY PATH

to Support My Clarity and Planning?

Name IT

What is coming up or going on that deserves my attention?

Sort IT Out

Can I make sense of the information to create a SMART plan for myself? Or do I deserve some support?

Take Action

Am I ready to move into action?

Get Curious

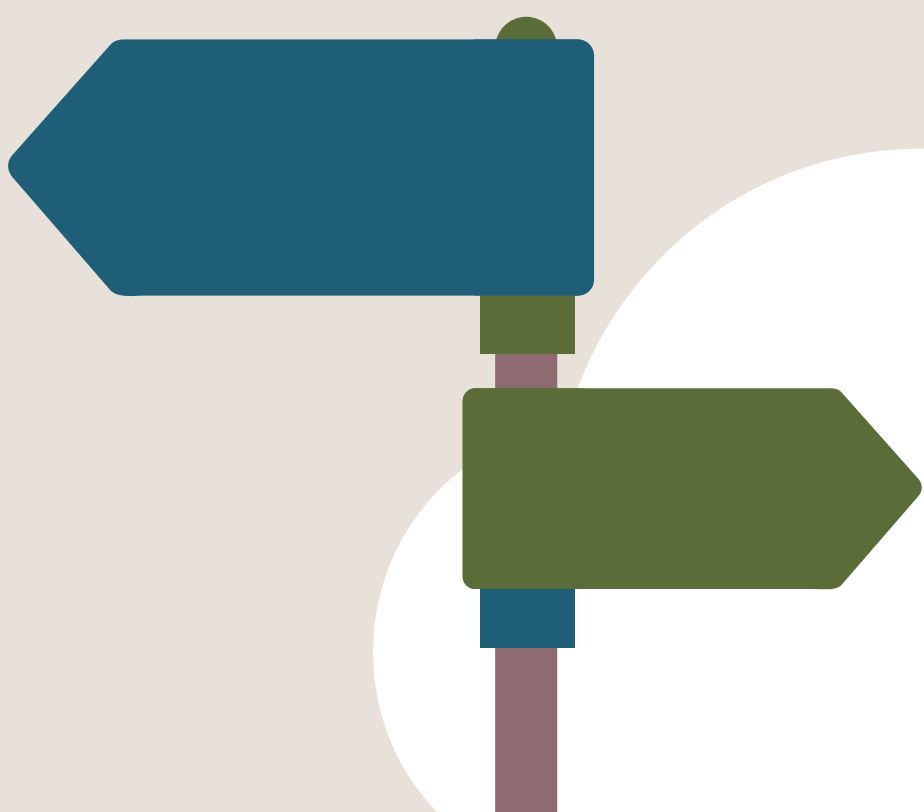
What do people do in similar circumstances about this same issue or problem? Can I ask Siri?

Affirm

Do I have any resources that can affirm my plan or validate my resolves?

Celebrate

Win or Lose, all executed plans teach us something, so celebrate the outcome and edit the plan for next time when needed!



If any part of this workbook or reflective writing causes you emotional suffering, you deserve support. If you want a supporter, trust that support is available...

AMAAD Institute provides FREE mental health care and self-empowering workshops to LGBTQIA+ youth and their families, email lanelle@amaad.org

ProjectQ Community Center provides LGBTQIA+ youth with housing insecurities FREE mentorship, mental health services, classes, and workshops, along with free gender-affirming haircuts, clothing, food, and hygiene items, email admin@projectq.me

Trans Lifeline is a hotline for trans people staffed by trans people, who also support friends, partners, and family members, dial 1-877-565-8860.

BlackLine is a hotline for LGBTQ+ BIPOC peer support, counseling, witnessing, and affirming that responds to Text or Calls at 1-800-604-5841 during hours of operation.

LGBT National Help Center offers a Youth Talk Line at 1-800-246-7743 and an Elders Talk Line at 1-888-234-7243, but all ages are also welcome to dial the main hotline at 1-800-246-7743 for peer counseling and resources.

Collaborators on this workbook:

L.A. County Department of Mental Health

The AMAAD Institute

ProjectQ Salon and Community Center

growURpotential Counseling Center

Revolutionary Angels Productions