

Self-Discovery and Purpose Worksheet

Step 1: Understanding Values

List your top three values or principles that resonate with you:

- 1.
- 2.
- 3.

Reflect on how these values manifest in your daily life:

Step 2: Passions and Interests

List activities that truly excite you:

- 1.
- 2.
- 3.

Consider how to incorporate these activities into your daily or weekly schedule:

Step 3: Self-Awareness

Write down your strengths and weaknesses:

Strengths:

Weaknesses:

Consider how you can use your strengths and work on your weaknesses:

Step 4: Setting Goals with WWHW Framework

What:

- Clearly define what you want to achieve.

Why:

- Explain why this goal is important to you.

How:

- Outline the steps or strategies you will take to achieve the goal.

By When:

- Set a realistic timeframe for achieving your goal.
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Milestone Goals:

- Identify smaller, measurable goals to track your progress.
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Step 5: Overcoming Challenges

Resilience:

- Reflect on a past challenge and how you overcame it.
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Adaptability:

- Consider how you can be more adaptable to change in your life.
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Seeking Support:

- Identify people or resources you can turn to for support.
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Feel free to revisit this workbook as needed, and remember that change is a process. Connect with Dr. MD on @RealMDAhmed for additional support and resources. You can also reach us at +919632660922 (WhatsApp only)

Download the worksheet provided in the video for practical application of these strategies. Your commitment to this transformative process is a significant step toward creating an uncommon reality. Best of luck on your journey! 💪✨