

STYLE with PURPOSE:

A Journey from Pain to Power

Self-Reflection Worksheet By Teri Riley |
Empowered Styles



SCAN HERE

PART 1: WHO AM I?

1. What is one thing I love to do (even if I don't do it often)?

This might be something you're naturally good at or something that brings you joy.

2. What makes me unique?

Is it the way I think, how I see the world, how I help others, or how I express myself?

PART 2: MINDSET CHECK

3. What's one negative belief or lie I've told myself (or heard from others) about who I am?

Examples: "I'm not good enough," "I'm too different" or "I'll never succeed"

4. What's the truth that replaces that lie?

Let's flip it! What is a positive truth you can start believing instead?

PART 3: PURPOSE & PASSION

5. What's something I dream about doing—even if it scares me a little?

No dream is too big or small. Be honest!

6. What would my life look like if I said YES to this dream?

How would I feel? Who would I help?

PART 4: NEXT STEPS

7. What is ONE small step I can take this week toward becoming who I want to be?

This could be speaking up more, practicing your skill, asking for help, or just journaling.

OPTIONAL: QUOTE FOR YOU TO FINISH

"I am worthy because..."

FINAL ENCOURAGEMENT

"You don't have to try to be someone else. Being You is more than enough".