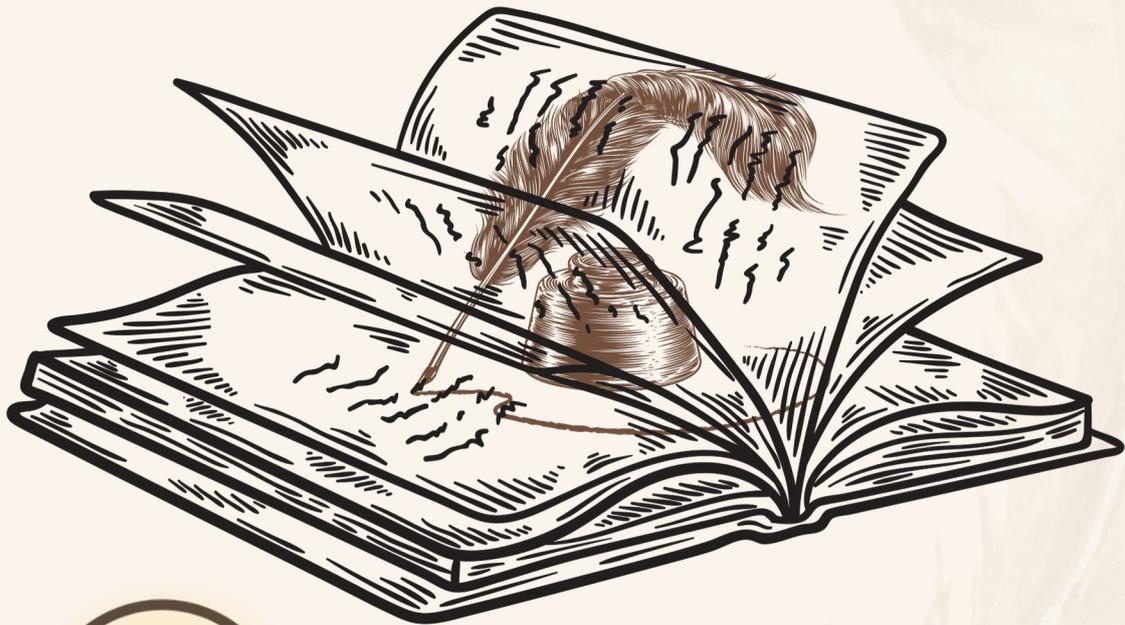


SELF-DISCOVERY QUESTIONS JOURNAL

Explore who you are,
what you value,
and where you want to go.
v1.0 – March 2025



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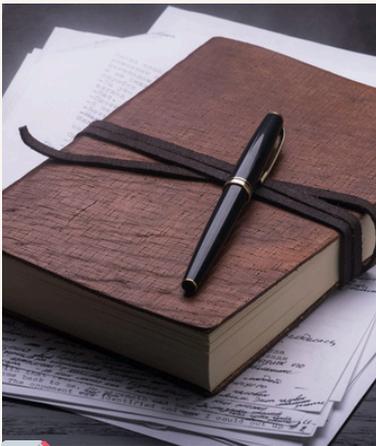
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page 1

"Knowing yourself is
the beginning of all wisdom."

Aristotle

Welcome to your Self-Discovery Journal!



This journal is designed to help you explore who you are, what you value, and where you want to go. Take your time with each question. There are no right or wrong answers—only what's true for you in this moment.

 Tip: Journal in a quiet space, and let your thoughts flow freely. You can return to any question at any time.



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✨ Tip: You don't have to
answer everything at once.
Let your intuition guide you.



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#1. WHAT DOES "LIVING AUTHENTICALLY" MEAN TO YOU? ✓

➔ Reflect on moments when you felt most in alignment with yourself.



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#2. WHAT DO YOU VALUE MOST IN LIFE — AND ARE YOU LIVING IN ALIGNMENT WITH THOSE VALUES? 

➔ What values guide your choices? What values feel neglected?



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#3. WHEN DO YOU FEEL MOST LIKE YOURSELF?



➔ Think about people, environments, or activities that bring you home to you.



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#4. WHAT ARE YOUR BIGGEST SOURCES OF INSPIRATION?



➔ Books, people, moments — what sparks light inside you?



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#5. WHAT BELIEFS OR FEARS HAVE HELD YOU
BACK THE MOST?



➔ Is there a story you've been telling yourself that it's time to rewrite?



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#6. WHAT DOES SUCCESS MEAN TO YOU PERSONALLY?



➔ Forget society's definition — what's your own version of a "successful life"?



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#7. WHAT HABITS MAKE YOU FEEL STRONG,
PEACEFUL, AND PROUD?



➔ Which routines help you show up as your best self?



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#8. WHO IN YOUR LIFE MAKES YOU FEEL SEEN,
SAFE, AND SUPPORTED?



➔ Think about your emotional circle — and your boundaries.



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#9. WHAT PART OF YOURSELF ARE YOU LEARNING TO ACCEPT OR LOVE MORE? 

 Gentle honesty: where are you growing into more self-compassion?



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#10. WHAT'S ONE SMALL STEP YOU CAN TAKE THIS WEEK TOWARD YOUR IDEAL SELF? 

 It doesn't need to be big. Just something real and true to you.



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☞ **"YOU SHOWED UP FOR YOURSELF TODAY. KEEP EXPLORING. YOU ARE WORTH KNOWING."**



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