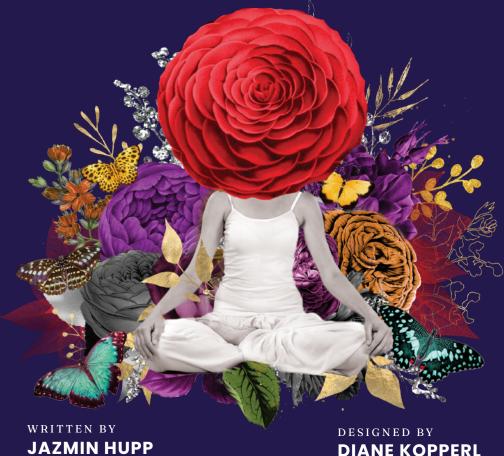
# Questions

A SELF DISCOVERY JOURNAL



**DIANE KOPPERL** 



A note from Jazmin & Diane:

This journal is an invitation to treat yourself as the heroine of your own story.

Instead of picking up your phone and getting stuck in everyone else's human drama every morning, it's time to upgrade. Make your wake up about you and not about what someone posted last night.

We've found that connecting with ourselves each morning:

- ♦ Clarifies our intentions and desires for life
- ♦ Strengthens us to stand for a different way of being
- ♦ Attracts people to us that are alignment with our values

Let us know what your self inquiry inspires!

When do I feel most "in flow"?
How can I bring more flow to my life?

What skills are in my zone of genius? genius = it's super easy for me and hard for everyone else

who do I want to get to know better this year?
Who am I looking forward to meeting this year?
Who am I looking forward to meeting this year?
If no one specific comes to mind, what do I hope to have
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Which communities or places am I most comfortable being myself?
How am I hoping to feel this year?
now am I noping to reer tins year:
Α.

# What are 5 values I want to center this year?

### Here's some ideas from Barbara-Huson.com:

Acceptance, Adventure, Aging well, Beauty, Charity, Comfort, Commitment, Communication, Community, Courage, Creativity, Diversity, Divinity, Family, Freedom, Friendship, Fun, Generosity, Growth, Happiness, Health, Honesty, Humility, Independence, Inner Peace, Integrity, Intimacy, Joy, Justice, Kindness, Knowledge, Leadership, Learning, Leaving a Legacy, Love, Making a Difference, Parenting, Peace, Physical Activity, Power, Respect, Responsibility, Security, Self-Discipline, Self-Esteem, Self Love, Service, Simplicity, Sisterhood, Strength, Success, Support, Surrender, Time alone, Transformation, Travel, Truth, Using my Talents, Wisdom

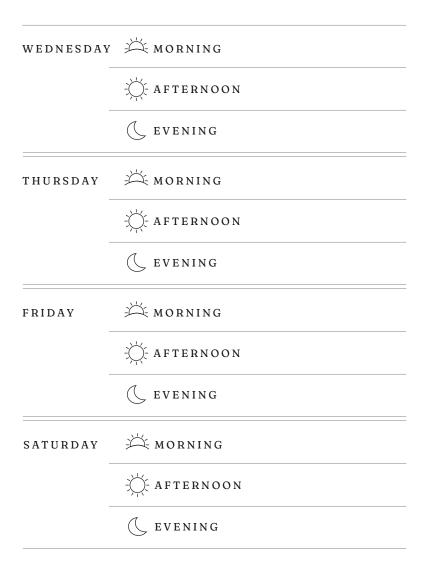
# What is my ideal weekly self care schedule?

EVERYDAY	MORNING
	- AFTERNOON
	C EVENING
SUNDAY	MORNING
	-X
	C EVENING
MONDAY	MORNING
	- AFTERNOON
	C EVENING
TUESDAY	₩ MORNING
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	C EVENING

# Self Care Ideas from AlexisAsbe.com:

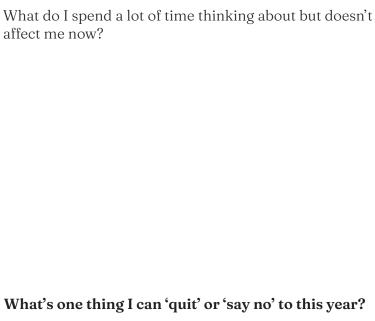
Walk, Cardio Exercise, Strength Training, Yoga, Dance, Stretching, Vitamins, Drink Water, Eating Healthy Food, Cooking, Spa, Massage, Sauna, Acupuncture, Gratitude, Journal, Meditate, Pray, Art, Paint, Write, Read, Luxurious Bath, Shower, Exfoliate, Skincare Routine,

Put your ideal habits into a general weekly schedule.



Body Oil, Garden, Build an Altar, Talk to a Friend, Send a Thank You Message, Go Phone Free for an Hour, Don't Bring Screens to Bed, Nap, Tidy my Space, Organize my Finances, Clean Out my Bag & Wallet, Arrange Flowers, Make my Favorite Tea, Take Myself Out, Take a Small Step Towards my Legacy.

Where am I leaking energy	(time, resources)	that I
can stop now?		



Where can	I ask	for	more	support?
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Where can I trust others to do more and do less myself?

# Which opportunities were useful in the past but I don't need to do more of them now?

What types of interviews, job offers, speaking opportunities, etc., can I pass on to others this year?

# Where do I have a big voice and can help others who are not being heard?

Where can I help humans get the respect & resources that they need?

What single action can I start to disrupt systematic oppression in my neighborhood?

# Who can I invite to join me at the table where they are not represented?

The "table" may be an event, news article, community, or board of directors.

How can I safely release n	ny anger or sadness?

Share Your Answer #iamhere

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What-from my childhood-am I still healing? What is a step I can take to continue this healing?

What art do I want to create?
Who do I want to mentor or volunteer to help?
who do I want to mentor of volunteer to help.

What am I afraid to share?
What new permissions do I grant myself this year?
Permission Ideas:
Share my ideas more, Take care of myself first, Say 'no' more often, Love myself under all conditions, Keep my heart open even when it's hard,
Ask for what I want.
<b>→</b>

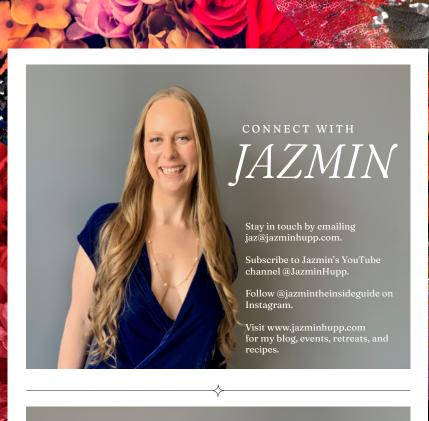
What do I wish people knew about me?

What would I do this year if I was unreasonable?
What would I do if I had no fear and could live this year in my full potential?
If I wrote the book of my life, the title could be
If no title comes to mind, what are some keywords you want future humans to find your book using?

# How do I want to be remembered?

When I'm old and a small child asks me 'what did I do with my life?'-how will I answer them?

# Thanks for asking yourself some tough questions.



# DIANE

Stay in touch by emailing dianekopperl@protonmail.com.

Follow @atomicstring on Instagram.

Visit www.dianekopperl.com for my latest adventures.



# #iamhere



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## **WINTER 2023**

# **Radical Transformative Silence**

Silent Meditation Retreats in Upstate New York Sponsored by KymB. of TribeTokes

## **MARCH 2023**

# How to Take Your Own Website Photos

Live Zoom Workshop with 2 Sessions Co-Teachers: Mylee Blake & Diane Kopperl

### **MAY 2023**

# How to Launch Your SquareSpace Website #IAMHERE Signature Workshop

Live Zoom Workshop with 4 Sessions Personal Branding Style Guide Bonus with Diane Kopperl

# **SUMMER 2023** Radical Transformative Silence

Silent Meditation Campouts in Northern California Sponsored by Mackenzie of Mendocino Magic