

23 Questions

A SELF DISCOVERY JOURNAL



WRITTEN BY
JAZMIN HUPP

DESIGNED BY
DIANE KOPPERL

Hello



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!

*Jazmin &
Diane*

What do I know about my ancestors?
What would they want me to know?

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?

If no one specific comes to mind, what do I hope to have in common with people I meet this year?

Which communities or places am I most comfortable being myself?

How am I hoping to feel this year?

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

 EVENING

SUNDAY  MORNING

 AFTERNOON

 EVENING

MONDAY  MORNING

 AFTERNOON

 EVENING

TUESDAY  MORNING


 AFTERNOON

 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.

WEDNESDAY  MORNING


 AFTERNOON

 EVENING

THURSDAY  MORNING


 AFTERNOON

 EVENING

FRIDAY  MORNING

 AFTERNOON

 EVENING

SATURDAY  MORNING

 AFTERNOON

 EVENING

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.

Share Your Answer #iamhere

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

What do I spend a lot of time thinking about but doesn't affect me now?

What's one thing I can 'quit' or 'say no' to this year?

Where can I ask for more support?

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.

What—from my childhood—am I still healing?

What is a step I can take to continue this healing?

How can I safely release my anger or sadness?

What art do I want to create?

Who do I want to mentor or volunteer to help?

What do I wish people knew about me?

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.

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.

A portrait of Jazmin, a woman with long, wavy blonde hair, wearing a dark blue top and a gold necklace. She is smiling and looking towards the camera.

CONNECT WITH
JAZMIN

Stay in touch by emailing
jaz@jazminhupp.com.

Subscribe to Jazmin's YouTube
channel @JazminHupp.

Follow @jazmintheinsidguide on
Instagram.

Visit www.jazminhupp.com
for my blog, events, retreats, and
recipes.

A portrait of Diane, a woman with long, wavy reddish-brown hair, wearing glasses, a black blazer, and a black and white striped shirt. She is sitting in a white chair and looking towards the camera.

CONNECT WITH
DIANE

Stay in touch by emailing
dianekopperl@protonmail.com.

Follow @atomicstring
on Instagram.

Visit www.dianekopperl.com
for my latest adventures.

#iamhere



UPCOMING EVENTS WITH

JAZMIN

Please visit jazminhupp.com/events to learn more about these events. You'll receive an in-depth preparation guide as soon as you register. Contact Jazmin for sliding scale rates and work/trade options. *No one turned away for lack of funds.*

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

