



Participant Workbook:

Module 2



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Lesson 1 Worksheet: The Journey Begins — Your Self-Discovery Roadmap

Purpose of This Worksheet

This page is meant to help you apply and personalize what you just learned in the lesson.

It's reflective and practical — it turns learning into action.

Each section (Reflection, Activity, First Step, Key Takeaways) is designed to make you think, assess your own wellbeing, and start taking small, intentional steps.

Take a few minutes to think about your unique story.

Write down your thoughts:

- What words describe who you are right now?
- What are three things that make you proud of yourself?
- When do you feel most “like yourself”?



Activity: Identity Roadmap

Instructions: Here's your chance to sketch your own roadmap. You only share what feels safe. You can write words, draw lines, doodle, or just jot simple points.

PAST: Key memories/lessons.

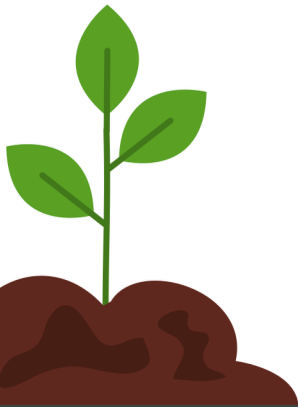
PRESENT: Words/Drawings/Pictures that describe me today.

FUTURE:

Date:

Reflective Questions

1 What did you learn about yourself while completing this activity?



First Step!

What's one small, achievable action you can take this week to move closer to your goal?

Bonus Tip!

Your identity isn't fixed — it grows with every experience, challenge, and success. Celebrate progress, not perfection. Every small discovery brings you closer to understanding your best self. 🌱

Example: "I'll write down one thing I'm grateful for each morning."

My Key Takeaways:

