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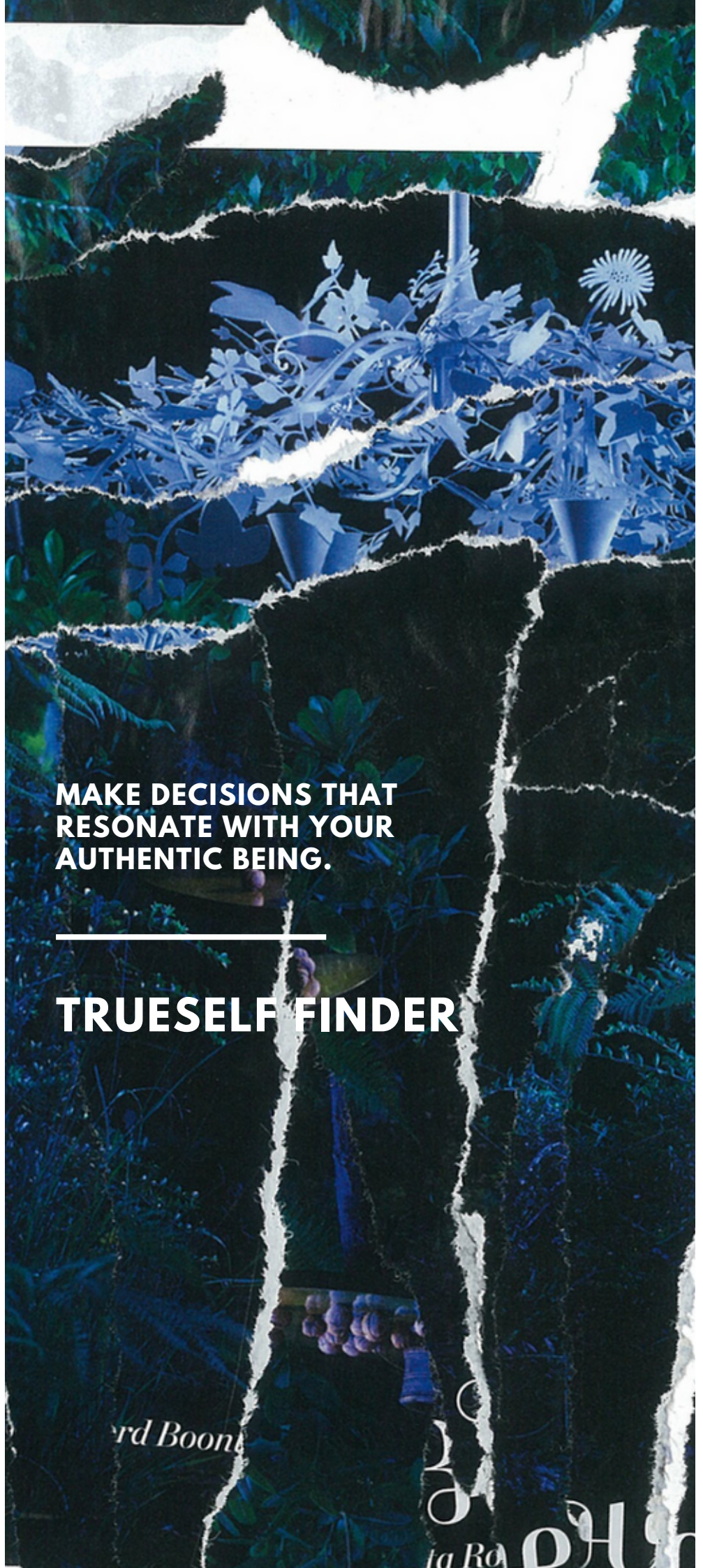
VOL. 1

24
PAGES

JOURNAL

**MAKE DECISIONS THAT
RESONATE WITH YOUR
AUTHENTIC BEING.**

TRUESELF FINDER



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Journal

TrueSelf Finder

CREATE CLARITY + PEACE OF MIND

DO YOU WANT TO DISCOVER A FRESH APPROACH TO DECISION-MAKING? EAGER TO EXPLORE MAKING DECISIONS BASED ON YOUR HEART'S GUIDANCE, NOT JUST LOGIC? CURIOUS ABOUT UNCOVERING YOUR PATH AHEAD?

Discover the power of this concise journal as it empowers you to take five transformative steps towards making decisions from the heart.

TRUESELF FINDER

Self-Inquiry Exercises

This journal will walk you through jotting down your thoughts and pondering on them using five simple steps to assist you in decision-making. We'll make it super easy for you. You get to choose the time and place to work on these self-reflection exercises. Whether you decide to follow all the steps whenever you're making a choice or simply want to revisit this gentle approach whenever you feel like it, the choice is entirely yours!

Reflections | Step 1.

What topics do you have to decide on?

Could you jot down all the areas of your life where you believe you need to make decisions and take action. Remember to make a note of each one.

Here are some key aspects of life where one may need to make decisions and take action:

1. **Career and Professional Development:** Setting goals, making career choices, and pursuing opportunities for growth and advancement.
2. **Health and Wellness:** Maintaining physical, mental, and emotional well-being through healthy habits and self-care practices.
3. **Relationships:** Nurturing connections with family, friends, and partners, and making decisions that support healthy and fulfilling relationships.
4. **Personal Growth:** Continuously learning, evolving, and working towards self-improvement in various areas of life.
5. **Financial Management:** Making decisions about budgeting, saving, investing, and planning for future financial stability.
6. **Lifestyle and Leisure:** Balancing work and play, and making choices that align with personal values and interests.
7. **Contribution and Impact:** Finding ways to give back to the community, make a difference, and contribute positively to the world around you.

Each of these aspects presents opportunities for decision-making and action-taking that can shape a fulfilling and purposeful life.

Reflections | Notes

What topics do you have to decide on?

Get started by making mind-maps to organize your thoughts. Place a central theme in the middle of a blank page. Surround it with related topics. Then, add sub-topics around each topic. Over the next days or weeks, continue to expand on it. You may even require a new notebook. Take your time to refine your answers.

