



# SELF-DISCOVERY

## 7 DAY JOURNAL GUIDE

BY KEELEY CASTEEL

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## ABOUT THE AUTHOR

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I am a licensed therapist, life coach, and the owner of Flow and Fusion: a private practice offering therapy and holistic wellness services.

My passion is rooted in helping humans heal their hurts, learn how to handle the mess when it shows up, and create a life of true fulfillment. My work consists of guiding clients through a process of self-exploration, values-aligned living, and identity integration and embodiment.

Everyone deserves the experience of coming alive, fully expressing, and finding freedom and wholeness in who they are.

My hope is that this journal guide serves as a tool and space for inspiration and clarity as you begin your self discovery journey.

KEELEY CASTEEL, MSW, LCSW

# DAY 1

Write down a list of your personal values. If you need some help getting started, do a quick Google or Pinterest search for some inspiration.

Stick to what resonates most with you.

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## DAY 5

Imagine you are a soul who was just dropped into your current life and circumstances. You have no information about how you got there, how the circumstances came to be, and you have zero connection to the past. How would you show up, live, and make the best of the rest of this life you were just dropped into?





## DAY 7

What can you do today that moves you towards your “6 months from now” self? Make a list of practices, habits, etc.

You’re allowed to start small, but just start somewhere.

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