

YOUR GUIDE TO
***SELF-
DISCOVERY***



little infinite
Poetry for Life™



In this workbook you will find many tools for writing and for self-discovery. You'll find prompts, reflections, and advice from your favorite little infinite editors. Whatever self-discovery tool you want, we've got you covered.

Employ these tools in whatever way works best for you. See something you like? This whole guide is clickable; click and we will take you there. Screenshot and set your affirmations as the wallpaper on your phone, encourage your bestie to fill out a book themselves, or update and restart your workbook as your goals change and you grow.

This book belongs to you, and only you. Write vulnerably, write freely, and most importantly be *infinitely* you.



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SO... SELF-DISCOVERY?

self-dis·cov·ery

What is it?

: the act or process of achieving self-
knowledge



via The Merriam-Webster.com Dictionary



“Knowing yourself is the beginning of all
wisdom.”

Aristotle



“Until you make the unconscious conscious, it will direct
your life and you will call it fate.”

C.G. Jung

Go on...

Three words that come to mind
when you hear the term self-
discovery:

The three first words that come to
mind when you hear the term self-
love:



JOURNAL PROMPTS

1. **What am I most proud of?**
2. **What in life gives me energy?**
3. **What in life drains me?**
4. **What am I most thankful for?**
5. **What morals do I value most in life?**
6. **What are my strengths?**
7. **What are my weaknesses?**
8. **What are the most important things in your life?**
9. **What are you afraid of?**
10. **What do you want to make your next five years look like?**



POETRY



POETRY PROMPTS

1. Write a poem about what you would tell your future self.
2. Write a haiku to your strengths. 
3. Write a haiku to your weaknesses.
4. Self-love time! Write a poem about things you love about yourself.
5. Write a poem about yourself that is as many words long as your birthday (the day you were born, not month.)
6. Write a poem inspired by your favorite quote.
7. Write a poem about your biggest goal in life.
8. Write a poem about something you will never forget.
9. Write a haiku describing your idea of a perfect day.
10. Write a poem that includes three morals from your journal prompt #5 on the previous page.



EDITOR'S FAVORITES



TYPEWRITERS

American Crafts Typewriter \$199

We R Memory Keepers - Light Pink \$198

Joann's We R Memory Keepers - Mint \$219

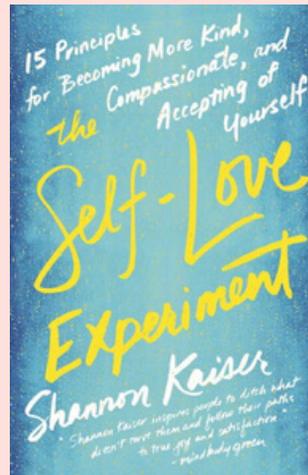


'THE SELF-LOVE EXPERIMENT'

Fifteen Principles for Becoming More Kind, Compassionate, and Accepting of Yourself \$16

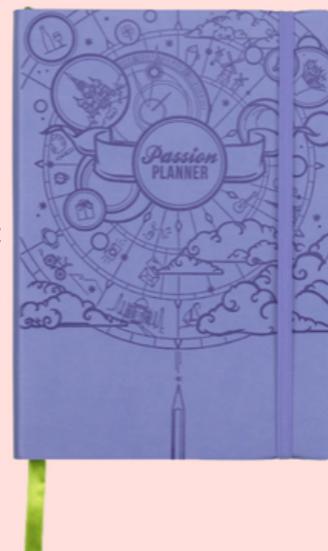
COURAGE OVER COMFORT CARDS

BestSelf Cards, For Getting Out Of Your Comfort Zone \$199



PASSION PLANNER

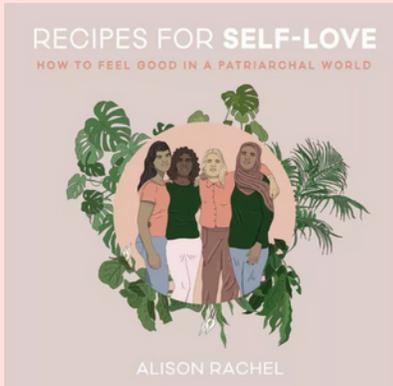
Undated Cosmic Purple \$40



BOOKS WE LOVE TO LOVE

Recipes for Self-Love How to Feel Good in a Patriarchal World

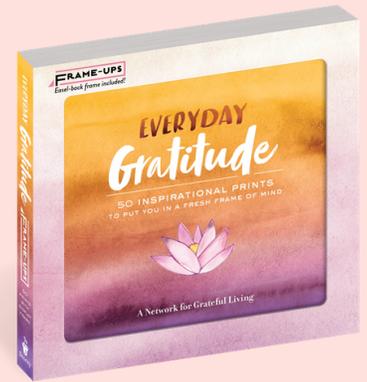
by Alison Rachel - \$18



Everyday Gratitude Life as a Gift

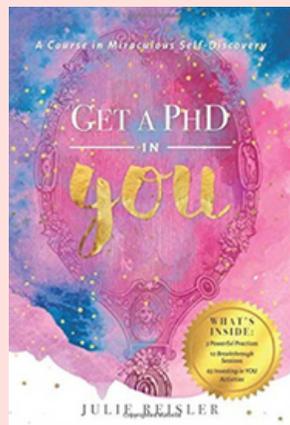
by A Network for Grateful Living

\$15



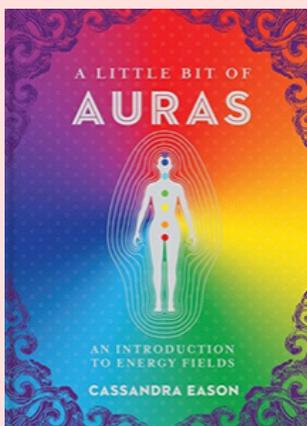
GET A PHD IN YOU A Course in Miraculous Self-Discovery

by Julie Reisler - \$20



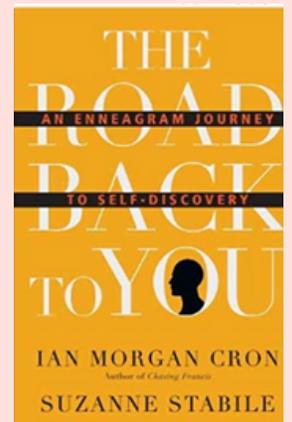
A Little Bit of Auras

by Cassandra Eason - \$8



THE ROAD BACK TO YOU An Enneagram Journey to Self-Discovery

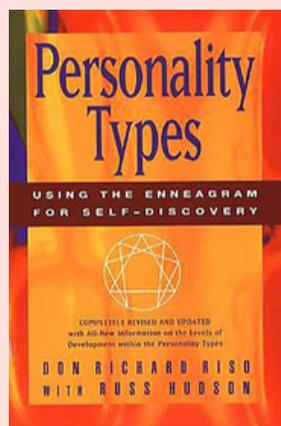
by Ian Morgan Cron - \$15



PERSONALITY TYPES Using the Enneagram for Self-Discovery

by Don Richard

Riso, Russ Hudson - \$16



AFFIRMATIONS

THE SKINNY:

- Make sure your positive affirmations are in present tense.
- Your affirmations should only include positive words. Ditch the “cant’s” and “dont’s.” You can! You do!
- Your affirmations are statements, not opinions. Ditch words like “might” and “could.” (Yes, you can do it!)
- Keep the statements where you can easily refer back to them, like next to your toothbrush or as your phone background.
- Repeat your affirmations routinely. Try saying them every morning or during your commute. Consistent repetition is key.

THE STARTER PACK:

I know, accept, and am true to myself.

I believe in and trust myself.

I accept what I cannot change.

I am more than worthy and enough.

I forgive myself for not being perfect, because I am perfectly human.

YOUR TURN: Write 5 personal affirmations



WHAT'S REALLY THE DEAL

WITH THE ENNEAGRAM?

The Enneagram is a "system of personality typing that describes patterns in how people conceptualize the world and manage their emotions. The Enneagram model describes nine different personality types and maps each of these types on a nine-pointed diagram which helps to illustrate how the types relate to one another."

EXCERPT FROM TRUITY.COM/ENNEAGRAM

Basically, the enneagram benefits you by giving you valuable information about multiple aspects of yourself and others.

There are a ton of different free test links on the internet, these are still helpful but we recommend taking the official if you can. **[Click here](#)**, for the official test which costs about \$24. No, we are not sponsored. We just really love and value this information. It's super helpful for self-discovery!

Your test result will be a core type, and then type on each side of the core type called a 'wing.'

The Nine Enneagram Types:

- 1 - THE REFORMER, 2 - THE HELPER, 3 - THE ACHIEVER
- 4 - THE INDIVIDUALIST, 5 - THE INVESTIGATOR
- 6 - THE LOYALIST, 7 - THE ENTHUSIAST
- 8 - THE CHALLENGER, 9 - THE PEACEMAKER



PERSONALITY TESTS

THAT ARE ACTUALLY HELPFUL

Carl Jung (of the Jung Personality Test), proposed that there are only four human personality preferences: sensing, intuition, thinking and feeling, and that these influence our personality.

The New York Times even says that, "Personality testing has become a 500 million dollar industry and is growing at rates estimated from 10 to 15 percent annually..."

- *New York Times, "Personality Tests Are the Astrology of the Office"*

Click to be taken to the tests!



16 PERSONALITIES

EDITOR'S FAVORITES

Why we love it: free, takes less than 12 minutes, and accurate AF.

THE COLOR CODE

Why we love it: each color is associated with a set of your personality traits. Red is power, blue is intimacy, white is peace, and yellows is fun.

DISC

Why we love it: four different personality traits which are currently dominance, influence, steadiness, and conscientiousness.

MYERS-BRIGGS TYPE INDICATOR

Why we love it: based on 16 different personality types, introspective self-report questionnaire.





TOP APPS

for your self-discovery journey

Headspace *Go-to app for meditation & sleep made simple.*

Happier *"More than 11,000 scientific studies show that developing a gratitude habit helps you feel more optimistic, sleep better, and be more creative, productive, and less stressed."*

Calm *Best for: meditation and sleep stories. #1 in apple app store health & fitness.*

Shine *Calm anxiety and sleep. Daily motivation. Bonus: you can even sign up for weekday texts from shine!*

FOOD 4 THE SOUL



GLOW GIRL GLOW



Look out for banana ingredients in skin care. Banana is known for "its gentle nonabrasive exfoliating and hydrating action in face and hand masks. It's good for all skin types, especially normal and dry."

EXCERPT FROM PURE SKIN CARE BY STEPHANIE L. TOURLES PG. 216-217
(\$13, TAP TO PURCHASE)



Cherries are a superfood and are praised for their anti-inflammatory properties. These fruits are full of minerals and vitamins. They're especially rich in Vitamin C & B, which are good for skin health, immune system, and energy. Did we mention they're ridiculously delicious? Sign us up.



CHERRIES



MATCHA



Matcha is a form of caffeine that calms the mind and relaxes the body. It's full of fiber, chlorophyll, and vitamins. It's mostly known for its cancer-fighting effects on the body. Think of Matcha as green tea's health conscious + energetic cousin.



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