

30 DAY Self-Discovery Journey

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Awareness: Conversations with Me	Shadow Yourself	Look Who's Talking	Who's the Problem? Is it me or is it you?	Identity Myths
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Who am I not?	What's Your Name?	My Characters: Lights, Camera, Action	Knowing Who I am Creates Responsibility	Know thy SELF-care
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
My Life Story	The "Me" Recipe	My Growth Chart	My Habits	SHH! I'm Trying to Listen
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
My Spiritual Gifts	Who/What is Calling You?	God Identity	Created Me vs. Made Me	Who Do I Act Like?
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
My Open Hands	My Strengths: What is Right with You?	Me vs. Everything Else	My Core Beliefs	It's Bigger Than Me
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Who am I Looking For?	Make Room for the New	You are a Creator	Trusting the Process	My Eulogy