



Rediscover the woman God created You to be

Sometimes we lose ourselves trying to be what others expect, forgetting the beautiful woman God created us to be.

This self-discovery worksheet is designed to help you pause, reflect, and reconnect with your true self, your dreams, passions, and purpose in Him. Find a quiet space, a journal, and invite God to join you on this journey of rediscovery.

Part 1: Who am I?

- What 5 words describe my true self?
- What are my strengths and talents?
- What are some values that matter most to me?
- What brings me true joy (not just what others expect of me)?
- How do I like to spend my free time when no one is watching?

Part 2: Dreams & Passions?

- What have I always dreamed of doing?
- What hobbies or activities have I always wanted to try?
- What topics make me feel excited or alive when I talk about them?
- What brings me true joy (not just what others expect of me)?
- If fear (or anything else) wasn't holding me back, what would I do?

Part 3: Goals & Intentions

- What area of my life do I want to grow in?
- What are my hopes & dreams for the future?
- What do I want to do more of in my life?
- How can I draw closer to God daily?
- In 5 years, what kind of woman do I want to be?
- What does a fulfilling, God centered life look like for me?

Part 4: My Preferences

- What is my favorite meal or food?
- How do I love to spend a Saturday?
- What places and people bring me peace or joy?
- My favorite ways to relax & recharge
- My favorite hobbies, books, and music

Part 5: Faith Reflection

- What Bible verse speaks to my heart in this season?
- How has God shown His faithfulness in my life so far?
- What do I feel he is calling me to let go of?
- What step of faith can I take today toward becoming who he created me to be?
- What is God showing me about who I truly am?



BLOOMING
Beautiful

You are wonderfully made (Psalm 139:14).

Keep this worksheet as a reminder of your worth, your dreams, and the woman you're becoming.

Pray over your answers, revisit them often, and let God gently guide you as you bloom beautifully into His plan for your life.

