



Discover Your True Self

Embrace the Brilliance Within

Workbook



Ruh Cara
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MINDSET COACH | SOUL CATALYST

www.ruhcara.com





Embrace Your Journey of Self-Discovery

Welcome, dear soul, to "**Discover Your True Self**" a sacred sanctuary of self-awareness and mindful living.

This **workbook** is your invitation to embark on a transformative journey, where you'll connect with your authentic essence, unlock hidden treasures within, and **cultivate a deeper alignment with your soul**. Embrace the power of self-awareness and mindfulness as you learn to love and nurture yourself unconditionally.

With Love and Energetic connections,
Ruh | Neeta



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Self Awareness Assessment

READ THE PROMPTS BELOW AND THINK ABOUT THE FIRST THING THAT COMES TO MIND. FILL YOUR ANSWERS OUT IN THE BLANK SPACE.


I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	



What's Important

RANK THE TOP 10 MOST IMPORTANT THINGS IN YOUR LIFE AND
ESTIMATE HOW MUCH TIME YOU SPEND ON THEM WEEKLY.

	IMPORTANT THING IN YOUR LIFE	
01		
02		
03		
04		
05		
06		
07		
08		
09		
10		

REFLECTION NOTES



Embark on a Journey of Self-Discovery With the Wheel of Life

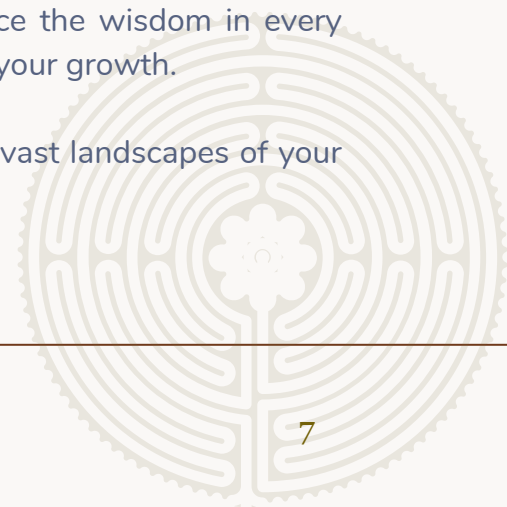
Welcome to the transformative realm of self-awareness and exploration – **the sacred path to unveiling your true self.** Within the tapestry of this workbook, you are about to embark on a captivating expedition, and **at its heart lies the mystical 'Wheel of Life.'** A timeless compass that will **guide you through the labyrinth of your being,** allowing you to illuminate the paths toward balance, fulfillment, and spiritual awakening.

Unveiling the Wheel of Life: A Dance of Harmony

Picture your life as an intricate mandala, a divine dance where each segment represents a facet of your existence. The Wheel of Life is your personal mirror, reflecting eight fundamental dimensions that shape your reality. With every turn of this cosmic wheel, you're invited to contemplate, evaluate, and uncover the essence of each vital aspect.

The Eight Dimensions of Existence:

- 1. Health and Well-being:** Your body, the vessel of your soul. Nurture it, cherish it, and witness the miraculous connection between your physical and spiritual well-being.
- 2. Relationships and Connections:** Threads of love, friendship, and family bind us. Seek the resonance of your connections and let the symphony of relationships serenade your journey.
- 3. Career and Livelihood:** Your soul's expression in the material realm. Align your passion and purpose, and transcend 'work' to craft a masterpiece of your life.
- 4. Finances and Abundance:** Flowing like a river, the energy of abundance shapes your experiences. Embrace the ebb and flow, and learn to dance with abundance in every form.
- 5. Personal Growth and Learning:** The path of evolution. Embrace the wisdom in every lesson, for each experience is a lantern illuminating the corridors of your growth.
- 6. Spirituality and Inner Peace:** The sanctuary within. Explore the vast landscapes of your spirit, and nurture the connection with your higher self.



Embark on a Journey of Self-Discovery With the Wheel of Life

7. Joy and Recreation: Laughter, play, and celebration – the elixirs of a vibrant existence. Let your spirit soar in the playground of joy.

8. Contribution and Legacy: The echoes you leave in the tapestry of time. Envision the mark you wish to imprint upon the world, and sculpt your legacy with intention.

The Journey Within:

Now, dear traveler, take a moment to close your eyes and envision this splendid wheel before you. With a heart full of curiosity, rate each dimension from 1 to 10, acknowledging the level of fulfillment you currently experience. As you immerse yourself in this introspective voyage, remember that this is not a judgment but a whisper from your soul – an invitation to uncover the realms that yearn for your attention.

Embrace the Alchemy of Transformation:

The Wheel of Life is more than a mere tool; it is a sacred mirror that reflects your unique brilliance. Embrace this exercise with an open heart, for within these reflections lies the alchemy of transformation. Allow the light of self-awareness to illuminate the shadows, infusing them with the promise of growth, harmony, and spiritual awakening.

With each contemplative turn of the Wheel of Life, you draw closer to the symphony of your authentic self. As the chapters of this workbook unfold, let this exercise become a cornerstone of your self-discovery journey, a guiding star toward a life rich with balance, purpose, and spiritual fulfillment.

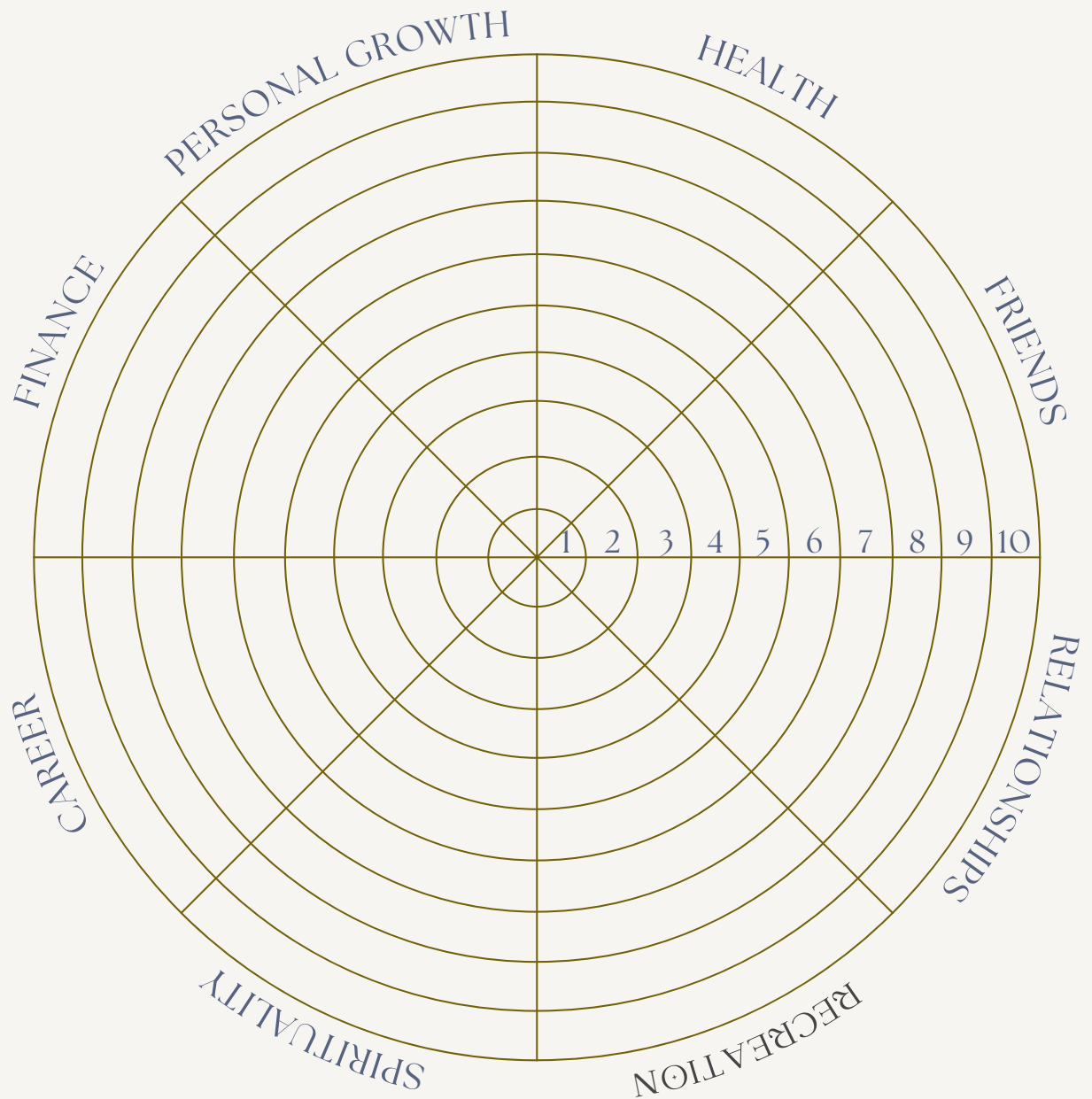
Let the dance begin.

May your journey be illuminated with self-awareness, and may your soul find solace in the embrace of the Wheel of Life



Wheel of Life

The wheel of life is a great tool that helps you better understand what you can do to make your life more balanced. Think about the 8 life categories below, and rate them from 1 - 10.





Reflection Prompts: Navigating the Wheel of Life

Embark on a profound journey of self-reflection, guided by the mystical Wheel of Life. As you contemplate each dimension, let your heart and soul speak, revealing insights that will shape your path towards harmony and spiritual awakening.

Allow these prompts to be lanterns illuminating your inner landscape. With each response, you're sculpting a life of purpose, balance, and spiritual enrichment. As you embrace this introspective journey, let your heart and the Wheel of Life guide you towards your authentic self. Your voyage of self-discovery unfolds one reflection at a time. Let your spirit dance with the wisdom of the Wheel of Life.

Health & Well-being:

Reflect on your daily habits. How can you nurture your body and soul more intentionally? What small changes can lead to vibrant well-being?

Relationships:

Consider the bonds that enrich your life. Are there connections that need rekindling or barriers that need healing? How can you infuse love and understanding into your relationships?



Reflection Prompts: Navigating the Wheel of Life

Career & Livelihood:

Examine your current pursuits. Do they align with your passions? How can you transform your work into a fulfilling expression of your true self?

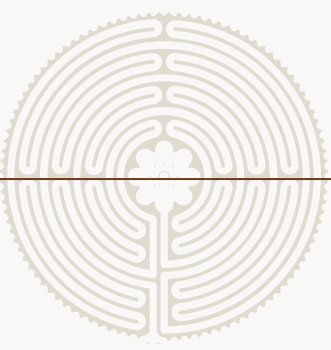
Finances & Abundance:

Explore your relationship with abundance. In what ways can you invite more prosperity into your life? How can you give and receive in greater harmony?

Personal Growth:

Delve into your quest for knowledge and growth. What skills or insights do you seek? How can you turn challenges into stepping stones for personal evolution?





Reflection Prompts: Navigating the Wheel of Life

Spirituality:

Connect with your inner sanctuary. What practices resonate with your soul? How can you deepen your spiritual connection and cultivate inner peace?

Joy & Recreation:

Rekindle the flames of joy within. What activities ignite your spirit? How can you infuse more playfulness and celebration into your days?

Contribution & Legacy:

Contemplate the impact you wish to leave. How can you serve your community and the world? What legacy do you aspire to create?



Activity Log

Activity Logs are useful for analyzing how you use your time. They help you track changes in your alertness and effectiveness. They also help you eliminate time-wasting activities, so you can be more productive.

Date	Activity	How I Feel	Value (High, Medium, Low)

Once you're done with your activity logs, boost your productivity by applying these actions:

- Eliminate or delegate low-value activities
- Schedule challenging tasks for when you're in your best
- Minimize the number of times you switch between types of task



Ignite Purpose With Action Priority Matrix

Step into the realm of empowered action through the sacred Action Priority Matrix. Illuminate your path, discerning tasks that align with your soul's purpose, guiding you to channel time and energy into what truly matters. Embrace this tool, harmonizing your actions with the rhythm of the universe.

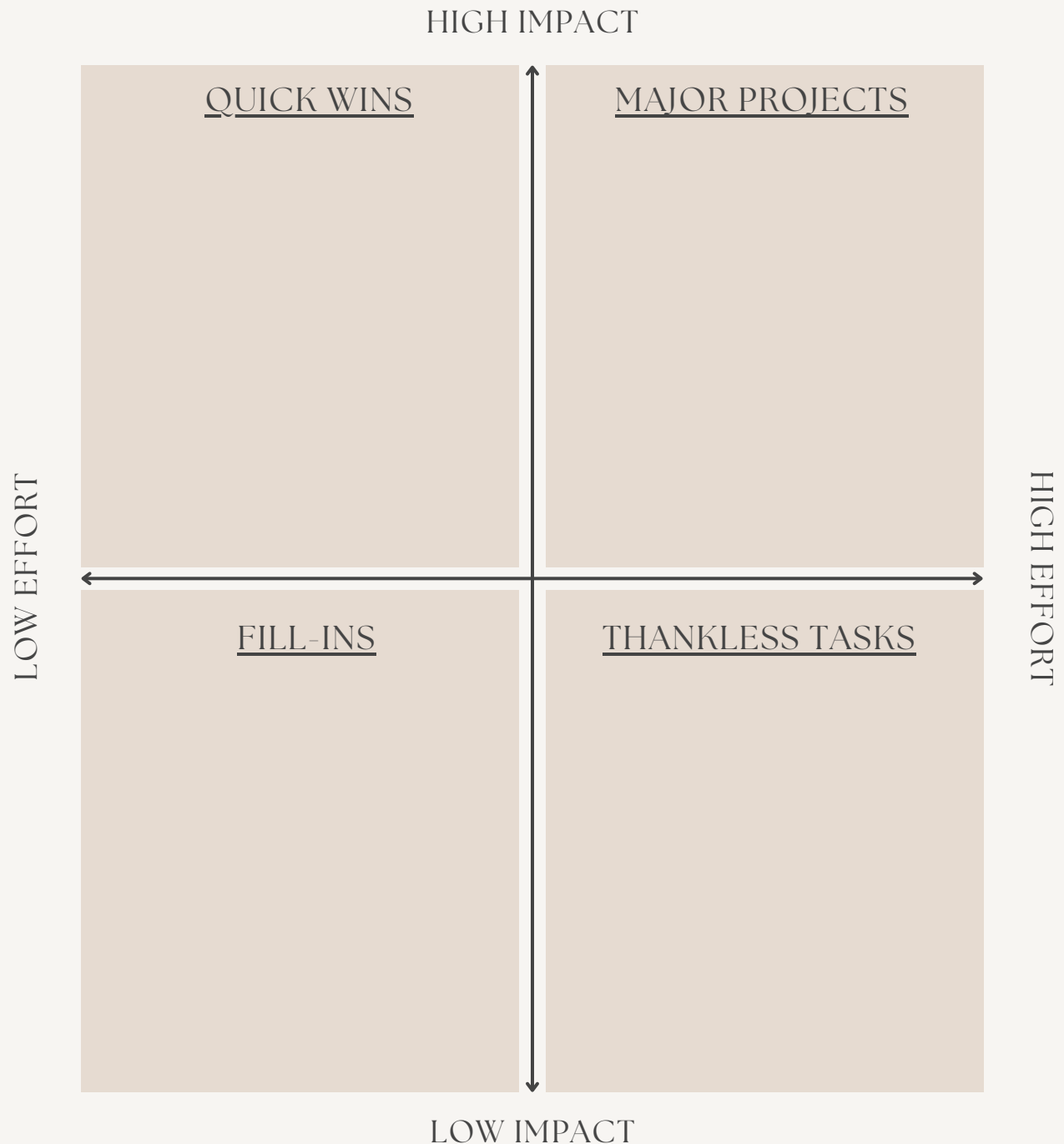
Instructions:

Gaze upon the matrix, where four quadrants converge – Quick Wins, Major Projects, Fill-Ins, Thankless Tasks.* With clarity in heart, assess each task's impact and effort, placing them within *High Impact, Low Impact, High Effort, Low Effort realms. Watch your priorities materialize, forming a symphony of purposeful endeavors. Let intuition guide this orchestration, crafting a spiritual masterpiece of intention and action.

Let the matrix be your compass, steering you toward purposeful action and spiritual fulfillment.



Ignite Purpose With Action Priority Matrix



Cultivate Your Inner Garden with Growth Mindset Worksheet

Welcome to the realm of transformation and self-mastery. In the Growth Mindset Worksheet, we unearth the seeds of change by delving into the terrain of your thoughts. With each stroke of the pen, you nurture a garden of awareness, unraveling the fixed beliefs that may have hindered your growth. As you describe the fixed mindset in action, reflect on your self-talk, and unveil the essence of your emotions, you empower yourself to transcend limitations and flourish in the divine light of realization.

Let this worksheet be your sanctuary of growth, where the seeds of insight blossom into the flowers of spiritual evolution.



Cultivate Your Inner Garden with Growth Mindset Worksheet

	Describe fixed mindset in action	What did you tell yourself (Reflection)	Why did you feel this way (Realisation)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			



Rate Your Thinking

Look at the life areas below and rate yourself between 1-10 with how self-aware and confident you are in each category.

BELIEF IN YOURSELF

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

ABILITY TO BE POSITIVE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

FLEXIBLE ATTITUDE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

DECISION MAKING

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

ABILITY TO STICK TO GOALS

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY



Rate Your Thinking Reflection Journaling

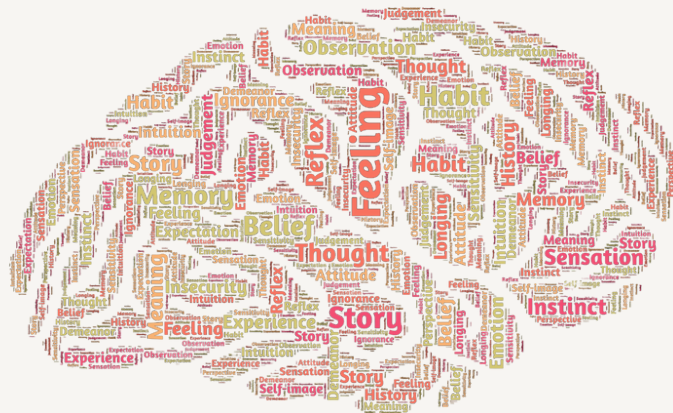
Utilize this area for thoughtful reflection and to jot down insights gleaned from the preceding exercise.



Embark on a Sacred Odyssey of THOUGHT AWARENESS

Step into the realm of pure observation with the Thought Awareness practice. As you traverse the landscape of your mind, witness the ebb and flow of thoughts, like leaves carried by a gentle stream. Embrace the art of non-judgmental presence, allowing thoughts to dance before your inner gaze. In this sacred space, you illuminate the corridors of your consciousness, unearthing the gems of insight that guide you towards liberation from stress. Let the pen be your scribe, transcribing the symphony of your mind's whispers, as you embark on a journey of profound self-awareness and spiritual awakening.

In the dance of your thoughts lies the tapestry of your soul. Embrace the practice, and let your inner wisdom unfurl like petals in the morning sun.



Embark on a Sacred Odyssey of THOUGHT AWARENESS

Observe your stream of consciousness as you think about a stressful situation. Do not suppress any thoughts. Let them run their course while you watch them, and write them down as they occur.

Negative
Thoughts

The next step is to rationally challenge the negative thoughts. Look at every thought you wrote down and ask yourself whether the thought is reasonable.

Rational
Thoughts

Use rational, positive thoughts and affirmations to counter negative thinking. See if there are any opportunities that are offered by it.

Positive
Thoughts

Sculpt Your Reality with COGNITIVE RETRUCTURING

Reducing Stress by Changing Your Thinking

Welcome to the sacred art of cognitive restructuring – a potent tool for reshaping the architecture of your thoughts. Delve into the labyrinth of your mind, unraveling the threads that weave negative moods. As you meticulously examine the tapestry of your thoughts, you unveil the hidden narratives that shape your experiences. Empower yourself to mold your reality, transforming obstacles into stepping stones on your spiritual journey. With every thought restructured, you inch closer to a realm of elevated performance and harmonious connections.

Let cognitive restructuring be the chisel that sculpts your inner landscape, crafting a masterpiece of empowered living.



Sculpt Your Reality with COGNITIVE RETRUCTURING

Reducing Stress by Changing Your Thinking

Step 1: Identify the Situation

Describe the situation that triggered your negative mood.

Step 2: Analyze Your Mood

Describe how you felt in the situation, and how you're feeling now.



Step 3: Identify Automatic Thoughts

Make a list of your automatic thoughts in response to the situation.

Step 4: Find Objective Evidence

Write down any evidence you can find that supports the automatic thoughts and any evidence that contradicts the thought.

Step 5: Monitor Your Present Mood

Take a moment to assess your mood. Do you feel better about the situation? Is there any action you need to take? Write down your present mood, along with any further steps that you need to take.



Understanding Your Problems

Embark on a purposeful voyage into the realm of Understanding Your Problems. Begin by sitting with a current situation, challenge, or problem that resonates with you. Pen down the intricate details of this situation in the designated space below, allowing your thoughts to flow freely.

Next, delve into a profound reflection on the various aspects of your experience with this situation. Gently notice the nuances of your feelings, thoughts, physical sensations, and behaviors that arise in response. Let this introspective exploration be your compass as you navigate the inner landscape.

In this methodical and soulful unraveling, you'll not only decode the intricacies of the situation but also cultivate a profound understanding of your inner workings. Let this process guide you toward the radiant wisdom nestled within.



Understanding Your Problems

Situation	
Feelings	Thoughts
Physical Sensations	Behaviours



What Makes You Feel...

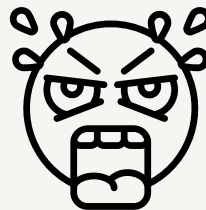
Name the feeling.

Write a bullet list of topics that make you feel this way.



Happy

-
-
-



Angry

-
-
-



Excited

-
-
-



Sad

-
-
-



Confused

-
-
-



Fulfilled






-
-
-



WEEKLY MOOD DIARY

By discerning the interplay between your mood and surroundings, you unlock the door to heightened self-awareness. As the day gently draws to a close, embrace the opportunity to fill out the chart. Evoke the prevailing mood that embraced you throughout the day, for within this sacred act of reflection lies the power to illuminate your inner landscape. Through these deliberate steps, you craft a roadmap to understanding, guided by the ethereal dance between your emotions and the world around you.

Week of: _____

					
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

REFLECTION NOTES



Discover Your IKIGAI

Welcome to the transformative journey of discovering your IKIGAI through explorative journaling. Before we delve into this enriching experience, let's illuminate the path with a brief background: IKIGAI, rooted in Japanese wisdom, encapsulates the essence of purpose and life's meaning.

Within this sacred endeavor, we'll unravel four fundamental elements: passion, mission, vocation, and profession. As we navigate these facets, we peel back the layers of existence, exposing the core of your IKIGAI.

By combining these elements, a deeper understanding of your purpose emerges, illuminating a radiant path ahead. This practice bestows the gift of clarity, guiding you to integrate your IKIGAI into the tapestry of your own life journey. Embrace this journey with an open heart and a receptive spirit.



It's important to acknowledge that the realization of your IKIGAI may not manifest instantaneously. However, with consistent journaling, you'll gradually draw nearer to its revelation. As you infuse regularity into this reflective practice, the pieces of your purposeful puzzle will gradually assemble, guiding you towards a deeper understanding of your unique path.



HOW TO FIND IKIGAI

Behold, a visual masterpiece that encapsulates the essence of IKIGAI! This intricate diagram weaves together the tapestry of passion, mission, vocation, and profession, merging them into a harmonious whole. As you gaze upon this visual representation, envision the symphony of these elements converging, guiding you towards the core of your purpose. Allow this visual guide to serve as a compass, illuminating the path towards discovering your IKIGAI and infusing your life with profound meaning.



IKIGAI JOURNAL

Embrace the following journal prompts, designed to unveil the depths of your inner self and unravel your IKIGAI.

WHAT DO YOU LOVE?

WHAT ARE YOU GOOD AT?



WHAT CAN YOU BE PAID FOR?

WHAT DOES THE WORLD NEED?



Discover Your IKIGAI

PASSION

MISSION

PROFESSION

VOCATION

MY IKIGAI



HABIT TRACKER

Date: _____

Week: _____

Habits	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Closing: Embrace Your Journey of Self-Discovery & Step into Your Brilliance

Dear Soul Explorer,

As you reach the end of this transformative journey with "Discover Your True Self" workbook, I want to express **how immensely proud I am of the steps you've taken** and the powerful intentions you've placed through this sacred exploration. You've embarked on a soulful path of self-awareness and mindful living, and **I can feel the shift that has begun to take place within you.**

I encourage you to honor the discoveries you've made and the shifts you've experienced. Your dedication to this inner work is commendable, and I am genuinely excited to witness the profound changes unfolding in your life. Your commitment to self-growth and expansion is a testament to your inner strength and readiness to embrace a life of authenticity and joy.

As you continue to delve into your inner world, I invite you to share your experiences with me. **Write to me about the insights you've gained, the transformations you've undergone, and the magic that has unfolded within your being.** Tag me with a picture of your workbook and share your thoughts on **Instagram @ruhcara**. Your journey is an inspiration, and your courage to explore your true self will inspire others to embark on their path of self-discovery too.

Now, **I encourage you to take the next step in your inner journey.** Dive deeper and experience profound shifts through my offerings. On my website, you'll find a treasure **trove of resources tailored to support you in your growth** that explore varied aspects and dimensions of our beingness and expansion.

Remember, I have something magical for everyone, and I am eager to walk alongside you on your continued journey of self-discovery and soulful expansion. **Your authentic self awaits, ready to shine brightly and embrace the abundance that life has to offer.**

Thank you for allowing me to be a part of your beautiful journey. **Embrace your brilliance and step boldly into the life you deserve.**

With love and Energetic Connections
Ruh | Neeta



Meet the Author

Neeta | Ruh
Mindset Coach | Soul catalyst

As a conscious wellness entrepreneur, and a dedicated advocate of holistic well-being, I am driven by the profound belief that true wellness encompasses every facet of our being—mind, body, and spirit. With a tapestry woven from diverse certifications and qualifications, I am a proud holder of multi-modality HIPAA compliance, ensuring that your journey is both safe and transformative.

In a universe that rushes tirelessly, I stand firm in my devotion to fostering an unhurried experience. It is within these unhurried moments that the profound connections, both with ourselves and the world around us, are nurtured. The pages of this workbook have become a bridge through which our energies converge, and it is a connection I hold in deep reverence.

Our meeting here, within the pages of this workbook, is no mere coincidence. It is a cosmic synchronicity, a harmonious dance of energies entwining us in a shared exploration. Your presence is a cherished gift, and I am immensely grateful for this opportunity to accompany you on your precious journey of self-discovery.

“Only you know your truest self-expression and the blueprint of your precious journey. Own it! Be it! For the other ways to-be won't ever be fulfilling to your soul-self.” - Ruh



Feel free to reach out, and let's keep the threads of connection woven tightly as we co-create a profound and meaningful partnership.

ruhcara.com | connect@ruhcara.com



Ruh Cara ESTD 2015
MINDSET COACH | SOUL CATALYST

