

My World, My Story, My Self

I AM
THE AUTHOR
OF MY
EXPERIENCE.

PAUSE
REFLECT
EXPLORE
GROW

The more you understand your inner world and the world around you,
the more you understand you.

1. LOOKING WITHIN



Self-introspection means taking time to look inward — noticing your thoughts, feelings, and patterns without judgment.

Right now, I notice...

I am feeling: _____

I am thinking about: _____

I am most aware of: _____

Something I keep coming back to: _____

2. GET TO KNOW YOU



Check the qualities that feel true for you right now. (You can always add your own!)

- | | |
|--|--|
| ☐ Curious | ☐ Confident |
| ☐ Compassionate | ☐ Sensitive |
| ☐ Creative | ☐ Adventurous |
| ☐ Anxious | ☐ Cautious |
| ☐ Hopeful | ☐ Kind |
| ☐ Independent | ☐ Funny |
| ☐ Overwhelmed | ☐ Deep thinker |
| ☐ Determined | ☐ Still figuring it out |
| ☐ Reflective | ☐ Other: _____ |
| ☐ Open-minded | _____ |

3. MY INNER DIALOGUE



What's the conversation in your mind lately? Be honest — there are no right or wrong answers.

Some thoughts I have often:

How do I usually talk to myself?

What would I like to say to myself more?

4. MY WORLD



Existentialism reminds us that we experience the world through our own unique perspective. The world matters because it shapes how we think, feel, and become.

What parts of your world influence you?
Write or draw in the spaces below.



PEOPLE

Who is in your world?



PLACES

Where do you feel most like yourself?



EXPERIENCES

What have you been through?



IDEAS

What do you believe in or value?



CULTURE & SOCIETY

What's happening around you?



NATURE

How does nature impact you?

5. MY PERSPECTIVE



We all see the world through our own lens. Understanding your perspective helps you understand yourself.

How would you describe your view of the world?

What life experiences have shaped that view?

In what ways might someone else see the same situation differently?

6. ME IN MY WORLD



You and your world influence each other. As you understand the world you've constructed, you also gain clarity about the person you are within it.

How does your environment (people, places, experiences, culture, etc.) bring out different parts of you?

What situations help you feel most like your authentic self?

What situations make it harder for you to be yourself?

7. REFLECTION TIME



Take a moment to reflect. You can write, draw, or use words and images — whatever feels right!

What's on your mind right now?



8. INSIGHTS & GROWTH



What are you learning about yourself through this reflection?

Three things I'm taking away from this worksheet:

1. _____
2. _____
3. _____

Awareness is the first step
in intentional change.



9. LOOKING AHEAD



As you continue to explore yourself and your world, what do you want to keep in mind?

I want to be more aware of...

One small step I can take is...

My story is still unfolding,
and that's a beautiful thing.

