

IF I TRULY KNEW MYSELF

The Self-Discovery Printable Pack

Affirmation cards, a wheel of life, a values worksheet, a 90-day tracker, and a gentle reading list. Print what you need, and keep coming home to yourself.

A free companion to the journal . Aurora Vale

Affirmation Cards

Cut along the lines. Keep a few where you will see them, tuck one in your bag, or set one by the mirror.

01

I am allowed to take up space in my own life.

02

My feelings are information, not problems to fix.

03

I can be a work in progress and still be worthy today.

04

I am learning to trust the quiet voice inside me.

05

Rest is something I am allowed to need.

06

I do not have to earn my own kindness.

07

*I can change my mind as I learn more
about myself.*

08

*My pace is allowed to be different from
everyone else's.*

09

*I am becoming someone I would be
proud to know.*

10

*I can hold both hope and honesty at the
same time.*

11

*Saying no is a way of saying yes to
myself.*

12

*I am more than the roles I play for
others.*

13

It is safe to want things that are just for me.

14

I can forgive the version of me who did not know better.

15

My body has carried me through more than I give it credit for.

16

I am allowed to outgrow what no longer fits.

17

Small steps still count as moving forward.

18

I can be soft with myself on the hard days.

19

My worth is not up for a vote.

20

I am learning to stay when things get uncomfortable.

21

I get to define what a good life means for me.

22

I can ask for help without losing my strength.

23

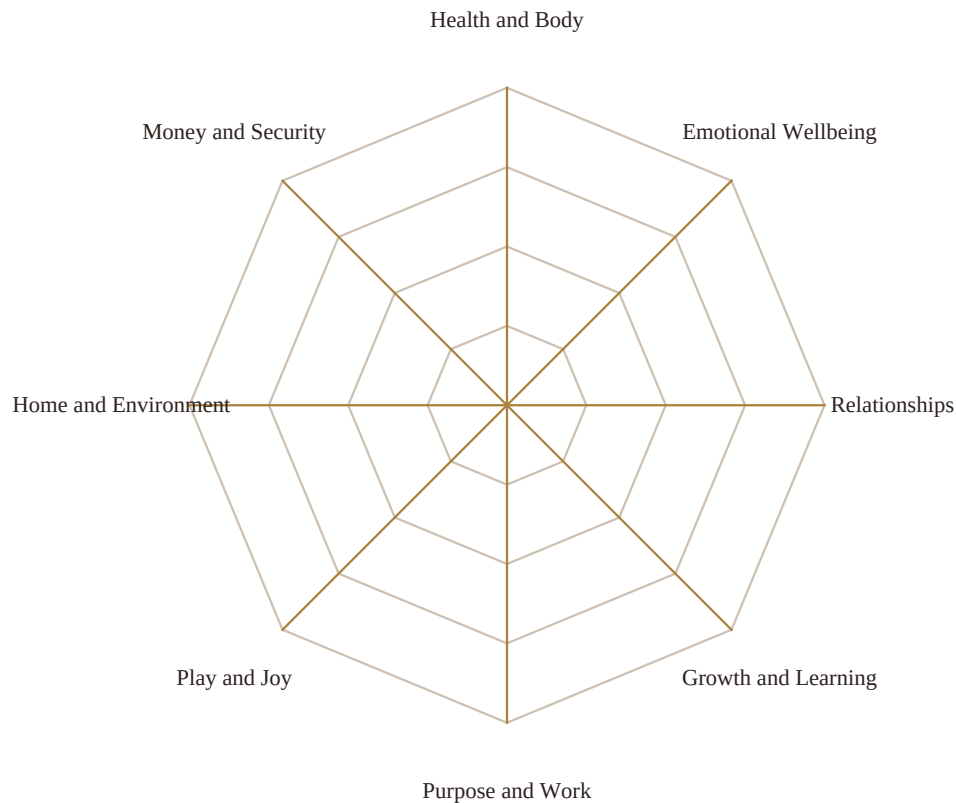
The way I speak to myself matters, so I choose gentleness.

24

I am allowed to begin again, as many times as I need.

Wheel of Life

The Wheel of Life gives you a quick, honest snapshot of where things stand right now, not where you think they should be. For each of the eight areas below, rate your current satisfaction from 1 (needs a lot of care) to 10 (thriving), then shade the wheel from the center outward to match your score. Step back and notice the overall shape, the areas that feel full and the ones that feel thin. The gaps are not failures, they are simply a map of where your attention might want to go next.



Reflection

- Looking at the shape of my wheel, which area surprised me the most, and why?
- Which one area, if it improved even slightly, would lift several others?
- What is one small, kind action I could take this week for my lowest-scoring area?
- Where am I already doing well, and how can I protect and appreciate that?

The Eight Areas

Rate each from 1 (needs care) to 10 (thriving), then shade the wheel from the center out.

Health and Body

How I feel physically, my energy, sleep, movement, and how I treat my body.

Emotional Wellbeing

How steady I feel inside, and how well I understand and care for my emotions.

Relationships

The closeness, honesty, and support in my connections with people who matter.

Growth and Learning

Whether I feel curious, stretched, and like I am still becoming.

Purpose and Work

How meaningful my days feel and whether my effort points somewhere I value.

Play and Joy

How much room I make for fun, laughter, and things I do simply because I love them.

Home and Environment

How calm, safe, and cared for my everyday spaces feel.

Money and Security

How stable and in control I feel around money and the practical parts of life.

90-Day Journaling Tracker

Check a box each day you write. One honest word for the week. Watch the pattern grow.

Week	M	T	W	T	F	S	S	Word of the Week	Days
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									
Week 7									
Week 8									
Week 9									
Week 10									
Week 11									
Week 12									
Week 13									

Day 30

What is one thing I have noticed about myself in the last 30 days that I did not see before?

Day 60

What am I doing differently now, even in a small way, compared to when I started?

Day 90

Who am I becoming, and what do I want to keep carrying forward from these 90 days?

Values Worksheet

Read through the list slowly and circle the 10 values that pull at you most, the ones you feel in your chest rather than just agree with. Do not overthink it. Once you have your 10, sit with them and narrow down to your top 5, the values you would want to guide your choices even when things get hard. Write those five somewhere you will see them.

- | | | | |
|----------------------------------|------------------------------------|------------------------------------|----------------------------------|
| ☐ Honesty | ☐ Adventure | ☐ Gratitude | ☐ Nature |
| ☐ Kindness | ☐ Security | ☐ Authenticity | ☐ Belonging |
| ☐ Courage | ☐ Independence | ☐ Connection | ☐ Service |
| ☐ Freedom | ☐ Compassion | ☐ Discipline | ☐ Beauty |
| ☐ Growth | ☐ Curiosity | ☐ Playfulness | ☐ Humor |
| ☐ Family | ☐ Balance | ☐ Ambition | ☐ Stability |
| ☐ Peace | ☐ Faith | ☐ Simplicity | ☐ Learning |
| ☐ Creativity | ☐ Justice | ☐ Respect | ☐ Acceptance |
| ☐ Health | ☐ Generosity | ☐ Trust | ☐ Presence |
| ☐ Loyalty | ☐ Patience | ☐ Wisdom | ☐ Integrity |

Reflection

- Which of my top 5 values am I living most fully right now, and how can I tell?
- Which value am I neglecting, and what has been getting in the way?
- If I let one of these values lead a single decision this week, what would change?

A Gentle Reading List

If you want to keep going, these are trusted companions for the road home.

The Gifts of Imperfection

Brene Brown

A warm invitation to let go of who you think you should be and embrace who you are.

Self-Compassion

Kristin Neff

The foundational guide to treating yourself with the same kindness you give the people you love.

Radical Acceptance

Tara Brach

Gentle, practical wisdom for meeting yourself and your pain without judgment.

Maybe You Should Talk to Someone

Lori Gottlieb

A therapist's honest, moving look at how people actually heal and change.

Set Boundaries

Find Peace, Nedra Glover Tawwab

A clear, compassionate roadmap for protecting your time, energy, and self-respect.

All About Love

bell hooks

A tender rethinking of what love really is, starting with the love we owe ourselves.

The Body Keeps the Score

Bessel van der Kolk

A landmark book on how the body holds our experiences and how healing can begin.

Rising Strong

Brene Brown

On the messy, brave work of getting back up after we fall.

Attached

Amir Levine and Rachel Heller

A readable guide to attachment styles that helps you understand your patterns in relationships.

When Things Fall Apart

Pema Chodron

Steady, comforting wisdom for the hard seasons when nothing feels certain.

Untamed

Glennon Doyle

A bold, personal story about unlearning who you were told to be and trusting yourself instead.

Atomic Habits

James Clear

A grounded, practical guide to becoming who you want to be through small, repeatable changes.