

**This workbook belongs to:**

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(Your name here)

### **Notice**

Workbook was created by: Danny Pettry, MS, CTRS

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## Introduction to Self-Discovery Workbook

Dear Friend,

I have created this workbook to help you discover things about yourself. It is designed to help you take a look inside of yourself and to ask yourself important questions. You will have spaces to answer the questions. You can answer them in any form you choose. You can write a story, a poem, or simply jot down words. It is your choice.

With this workbook, you will have the opportunity to create your own book. This workbook will define who you are as a person, what is important to you, what you want to have, do, and be in life, and what purpose do you serve in life?

Yours truly,

*Danny*

### FAQ

#### **How do I use this workbook?**

Make it fun. It should have been called a “fun-book” instead of a workbook. Use it anyway you want. Naturally, you may want to take 15 to 30 minutes per day to complete one entry. Of course, you can complete more than one entry per day. You can skip over entries that you do not like. You can even complete them backwards if you choose. It is your book.

#### **What if I can't think of anything to write?**

Here is a technique that works. Set a clock timer for 10, 15 or 30 minutes. You must write non-stop once the clock is ticking until the alarm goes off. Write anything, even if you get off topic. Once the alarm rings – you're finished for the group.

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## Day 1: Who Am I?

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Answer with one-word nouns or short sentences. Keep asking yourself the same question over and over. Continue to write different answers in each space.

Your answers may go: I am a son or daughter, I am a 27-year-old, I am an artist, I am a West Virginia University fan, I am a basketball player, I am an author, I am a cookie lover, etc.


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## Day 2: The Descriptive Me

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Answer with descriptive words. Keep asking yourself what describes me.

Your answers may go: I am creative, kind, athletic, smart, caring, artistic, loving, lovable, etc. Try to write one for each letter of the alphabet if you have a difficult time. In example: athletic, bold, confident, determined, etc.


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### Day 3: My Personal Values

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

First, make a list of things that are most important to you. Second, rank these in order from the most important to the least important.

Your list could include: family, friends, boyfriend/ girlfriend, God, work, hobbies, golf, boating, education, etc. What things are important to you?

Rank	My Values

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## Day 4: My Favorite Leisure Activities

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Make a list of activities that you enjoy doing for each section. You may not have an answer for each space provided. That is okay.

Relaxing Activities	Outdoor Activities	Family Activities

Fitness Activities	Personal Enjoyment	Friend Activities

Creative Activities	Spiritual Activities	Hobbies/ Collections

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## Day 5: Things I am Thankful About

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Being grateful is very powerful. Opposed to focusing on what you do not already have, this entry will help you to focus on what you already have and appreciate. Make a list of things that you appreciate in life.

Your answers may go like this (if these apply to you)... Being alive, having a family, having food to eat, good health, etc. Focus on what you do have in life.


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## Day 6: My Most Inspirational Movies

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Some movies inspire us. Some have a lifetime meaning. Make a list of any movies you enjoy.

Your answers may go like this: It is a Wonderful Life, Glory Road, Hoosiers, We are Marshall, Gone with the Wind, Wizard of Oz, The Notebook, A Walk to Remember, etc.


What do these movies say about you as a person? Are they comedies, drama, or actions? Do you relate with any of them personally?

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## Day 7: My Most Inspirational Music

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Make a list of types of music, favorite songs or favorite bands below.


What do these songs or types of music say about you as a person?

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## Day 8: My Most Inspirational Books

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Create a list of all your favorite books below. They could be childhood favorites like a Dr. Seuss or they could be novels, self-help, or any book that has had meaning to you.


What do these books say about you as a person?

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## Day 9: My Relaxation Place

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Create your own relaxing place that you can go to in your mind. Just answer all of the questions below. In example, at a private beach you could see ocean waves, clouds, sunset, sunrise, and dolphins. You could feel the sand and the waves the wind. You could touch a palm tree. You could taste a coconut, pineapple juice or saltwater. You could feel at peace and relaxed.

Where is your place?	
What do you see?	
What do you hear?	
What do you feel physically?	
What do you feel emotionally?	
What can you taste?	
What can you smell?	

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## Day 10: The Most Important People in My Life

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Make a list of the most important people in your life at this time. Have you let each of these people know they are important in your life? Make a goal to tell each of these people how much you appreciate them. Give them a small gift of a card. Make their day special.

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## Day 12: My Best Childhood Memories

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

What did you enjoy doing during your childhood years? What games did you play? What activities did you participate? What was popular?

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## Day 13: My Best Vacation Memories

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Reflect on vacations. What do you like to do on vacations? Do you have any special memories about a vacation? Do you have any plans for a future vacation?

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## Day 14: Ways I Like to Enjoy Holidays

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Write a list of five to ten of your favorite holidays below. Write how you like to spend each of these holidays.

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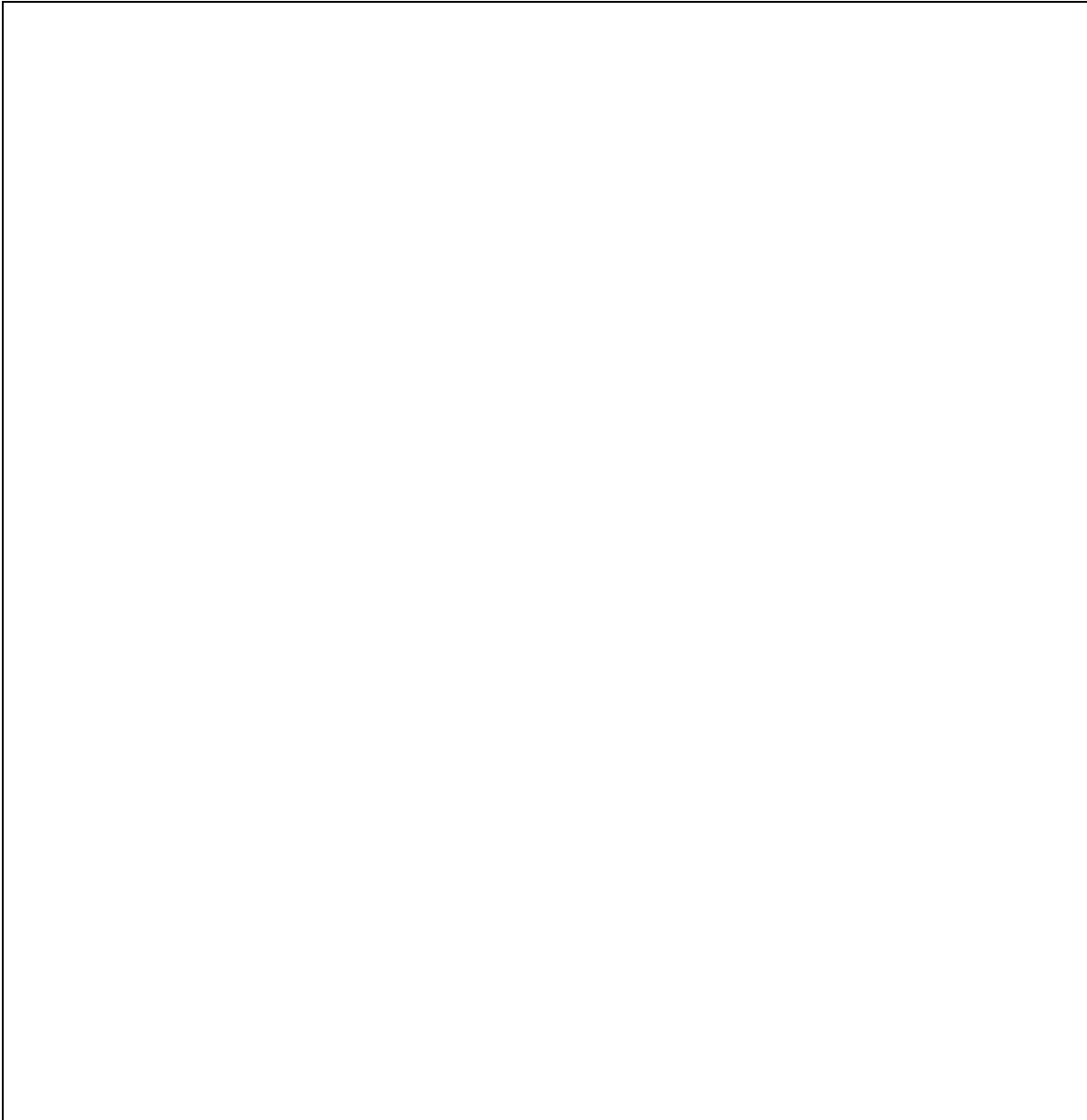
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## Day 15: My Doodle Art

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Take your pencil or ink pen and place it in the middle of the box below. Without lifting your pencil or ink pen – continue to doodle, scribble, and make swirls, or shapes. Be creative. You can go outside of the box.



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## Day 16: My Reflection on My Doodle Art

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

What images do you see in your doodle? What would your doodle say about you as a person? Can you find any hidden meaning in it?

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## Day 19: Things I Want to Have in Life

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Create a list of material things that you would like to have in life. Be sure to remember that material things do not necessarily make anybody happy.

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## Day 22: Things Children and Youth Should Have in Life

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Create a list of things that you think all children should have in life.

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# Day 23: Things Elderly and Aging Should Have in Life

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Create a list of things that you think all persons who are elder should have in life?

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## Day 25: Talents I Should Develop

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

All people have talents. If you do not use them – you could lose them. Many athletes look as if their talent had been naturally given to them. Remember that all athletes, musicians, and authors have practiced, practiced, and practiced their talent for years and years. Create a list of talents you have or would like to develop. Maybe you realized that you loved to paint, but have not done so since you were younger.

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## Day 26: Ways I Can Make the World a Better Place

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Danny Pettry teaches children the *Silver Saying*: I will only use my hands and words to make the world a better place. He also teaches them the *Golden Rule*: Treat other people the way you want to be treated. Use the space below to create a list of things that you could do to contribute towards making this world a better place.

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## **Day 29: My Hopes and Dreams for a Better Tomorrow**

Date: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

Take a moment to think about your own future. Create a list of your hopes and dreams for your future.

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## About the Author: Danny Pettry

**Practice:** Danny Pettry is a Certified Therapeutic Recreation Specialist (CTRS). He has worked at a psychiatric hospital since August 2002 providing recreational therapy services for children who are abuse-reactive. He has experience working in a variety of settings including: skilled nursing units, rehab hospitals, and nursing homes.



**Education:** Danny earned a Master of Science degree from Indiana University, Bloomington, Indiana in 2006. He earned a Bachelor of Science degree with an emphasis in Therapeutic Recreation from Marshall University, Huntington, West Virginia in 2002. He has completed the Mark Victor Hansen's 2007 Mega Book Marketing University and the Huntington, West Virginia Unlimited Future, Inc. (UFI) Business Start-Up Program in 2007.

**Presentations:** Danny gives public and corporate seminars and conducts continuing education programs on the Internet for recreational therapists and allied health professionals on a variety of topics.

**On the Internet:** Danny has two Web sites, which receive visitors from around the world: [www.DannyPettry.Com](http://www.DannyPettry.Com) and [www.myspace.com/recreation\\_therapy](http://www.myspace.com/recreation_therapy). These pages receive an average of 1,000 visits per month.

**Memberships:** Danny has been a member of the American Therapeutic Recreation Association (ATRA) since 1999. He co-serves as the West Virginia state contact for the Recreational Therapy – Medicare Project. He has been a member of the West Virginia Therapeutic Recreation Association (WVTRA), which is a branch of ATRA since 2001. He served WVTRA as student representative in 2005 and as the CTRS Representative in 2008. He is also a member of the Child Life Council (CLC) since 2007.

**Awards:** Pettry was awarded the Peg Connolly Scholarship in 2004 to the National ATRA Conference in Kansas City, Missouri. This scholarship was named in honor of Dr. Peg Connolly, the first President of ATRA and the former Executive Director of NCTRC. Pettry was also awarded an "Advocate of the Year" by ATRA in 2005.

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