

JOURNAL PROMPTS FOR SELF-DISCOVERY

SLVIA MORDINI, FOUNDER LIFE INSPIRED

When you have a strong sense of identity and self-awareness, you can better care for, love, and accept yourself for who you are. You make better choices.

- What can you do today that your future self will thank you for?
- What advice or encouragement would your future self give to you?
- Name ten ways you identify in terms of personality
- How are your identities helpful or unhelpful? Fixed or changeable?
- How do you want to be seen?
- How would you describe yourself to a stranger?
- How do you identify currently related to your job or career?
- Write about any discrepancies between your current identity vs your desired identity.
- What holds you back from being who you really are?

Silvia Mordini is a specialist in helping women start over and create the life they dream of. With her own personal experience of starting over multiple times, Silvia has learned the power of resiliency and teaches women how to access this power within themselves.

She believes that a 5% change can dramatically impact the future and offers impactful programs and techniques to help transform trauma to triumph, wounds to wisdom, and obstacles to opportunities.

Silvia's mission is to inspire women to acknowledge their brilliance and live a life inspired.



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