

WHAT MAKES YOU DIFFERENT

Your attitude

Your personality

Your experiences

Your perceptions

Your creativity

Your taste

Your habits

Your hobbies

Your goals

Your passion

Your purpose

Your belief system

Your intellect and curiosity

Your confidence

Your relationships

Your intuition

Your communication skills

Your sense of humour

Your authenticity

SPIRITUAL IDENTITY

REFLECTIVE QUESTIONS

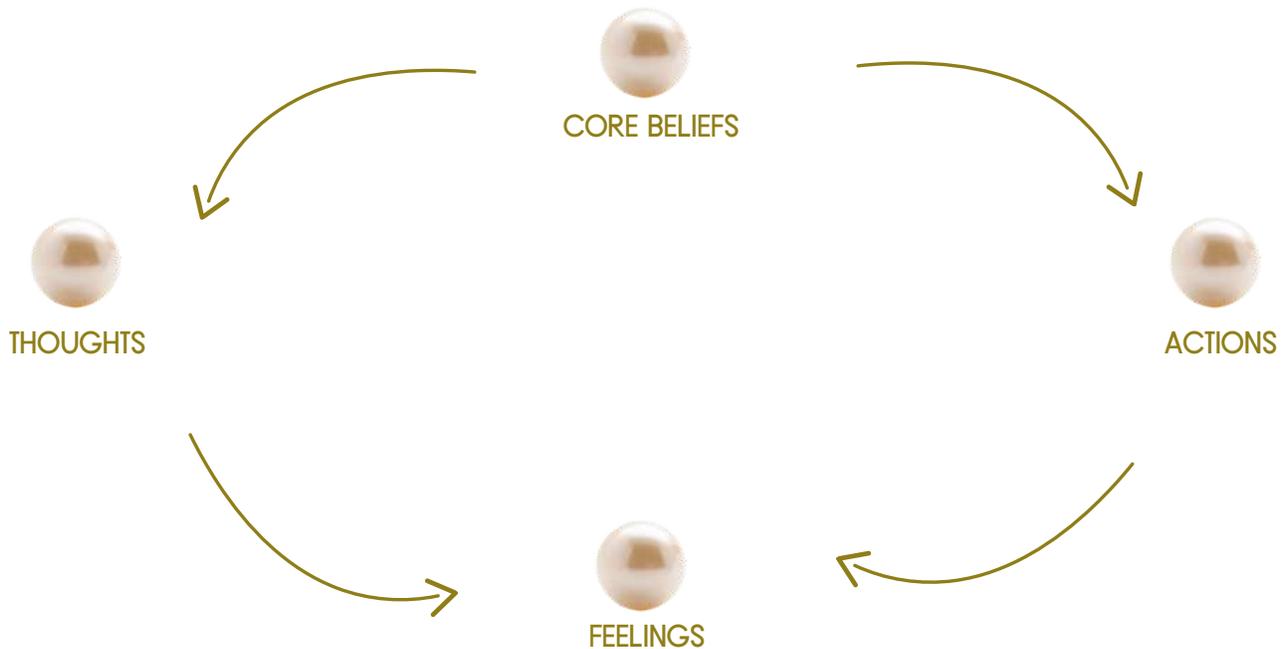
What are some key beliefs or values that are central to your spiritual identity?

What aspects of your spiritual identity are most meaningful to you?

What role do your beliefs play in your thought life?

Does your self-talk align with your beliefs?

THE CORE BELIEF CYCLE



Example: If my core belief is that I am not enough. My thoughts will be in alignment with the core belief, for example, I'm not important, no one sees me. Then I might feel insecure, insignificant, and my action might be never giving something new or challenging a go, in the fear of reinforcing the belief of not being good enough.

VALUES

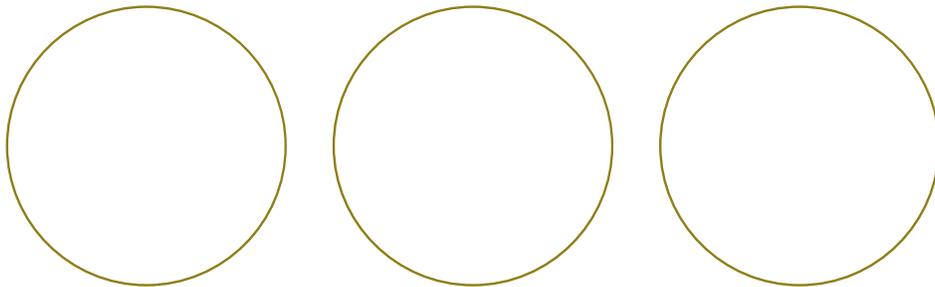
Fun	Integrity
Passion	Nature
Compassion	Achievement
Trust	Leadership
Family	Winning
Wisdom	Wealth
Adventure	Joy
Beauty	Service
Health	Loyalty
Friendship	Spirituality
Inner strength	Order
Self-respect	Power
Independence	Sensuality
Challenge	Safety
Gratitude	Freedom
Inner peace	Peace
Honesty	Structure
Encouragement	Learning
Connection	Fairness
Courage	Hope
Happiness	Patience
Security	Creativity
Fulfilment	Respect
Consistency	Support
Nurture	Love
Home	Acceptance
Dignity	-----

MY VALUES

MY TOP 10 VALUES:

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

MY TOP 3 VALUES:

Three empty circles arranged horizontally, intended for writing the top 3 values.

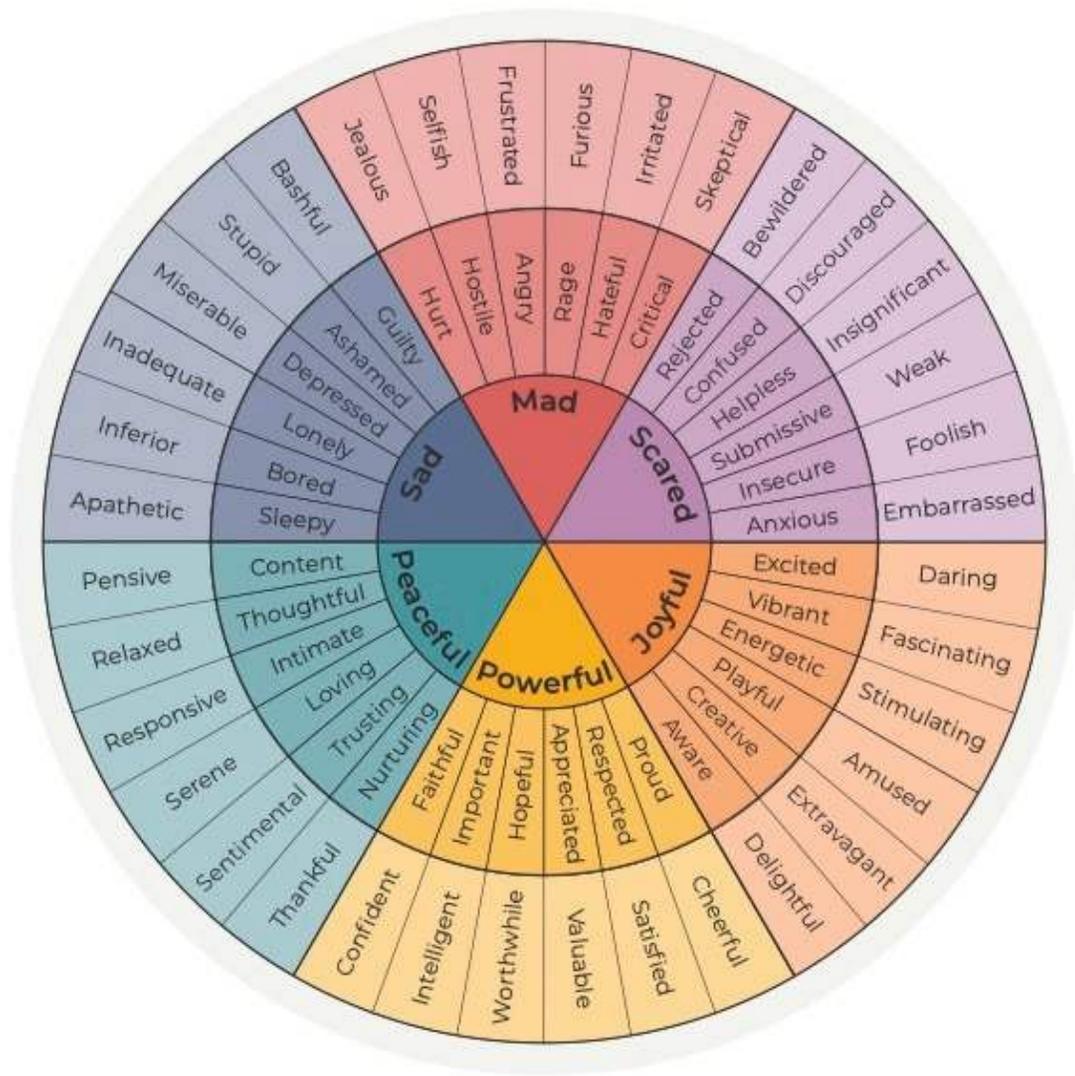
MY CORE VALUE:

A large empty rounded rectangle with a double-line border, intended for writing the core value.

NAVIGATING EMOTIONS

1. Identify the emotion. You can use the Emotions wheel. Choose from the six core emotions and then you can elaborate on what you have identified.
2. Avoid denying the emotion. Acknowledge that it's there. Where do you feel it in your body?
3. Remain curious about the emotion, lean in. Our natural tendency may be to judge the emotion. Judging ourselves removes us from understanding what might be going on causing us to lean out.
4. Ask yourself... What triggered this emotion? Why do I feel this way?
5. Remind yourself that the emotion will pass.
6. You might choose to journal about your experience or share it with someone you trust.

FEELINGS WHEEL



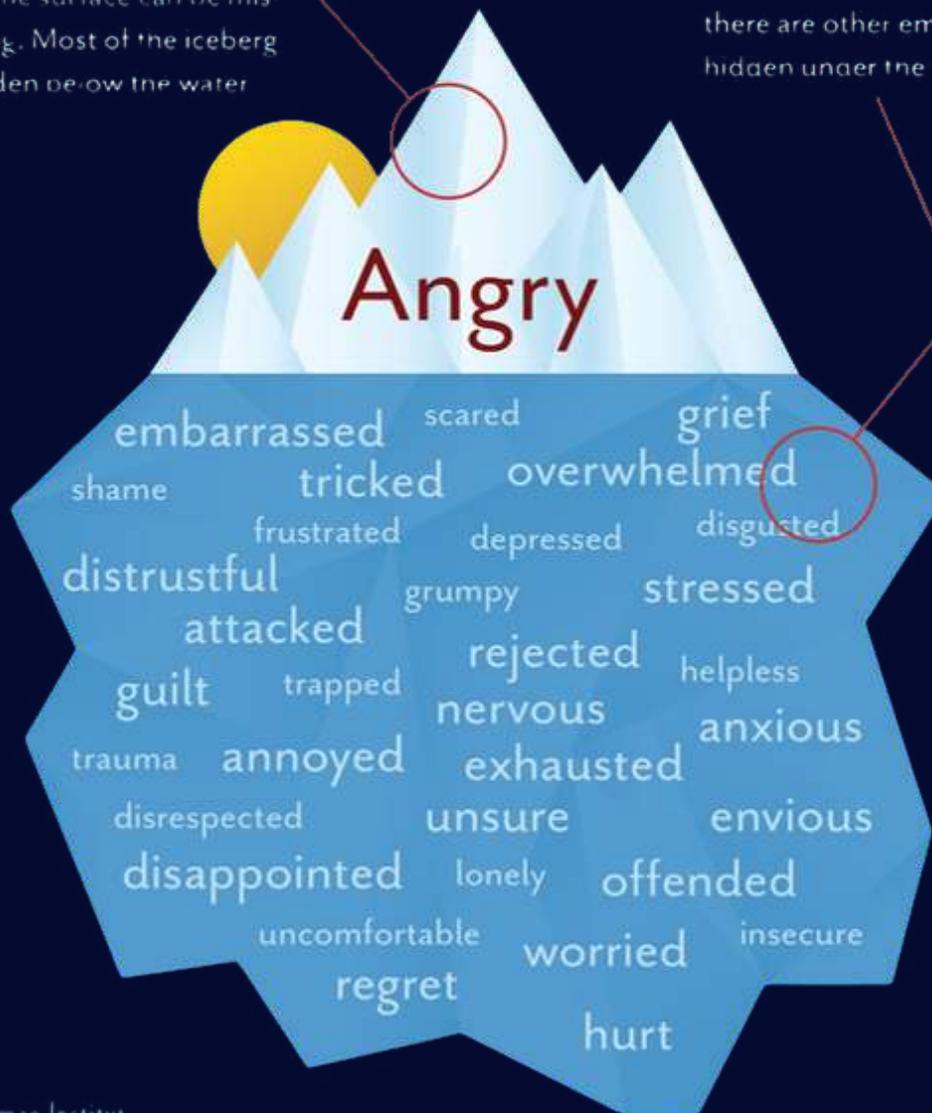
The Gottman Institute
 Developed by Dr. Gloria Willcox

Retrieved 10 April 2025 from: https://cdn.gottman.com/wp-content/uploads/2020/12/The-Gottman-Institute_The-Feeling-Wheel_v2.pdf

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



The Gottman Institute

TIPS TO STOP NEGATIVE SELF-TALK

Negative self-talk can become repetitive and overwhelming, and often feels like it's true. To break out of that cycle, try these tips:

Be aware of what you're saying to yourself. Stopping and recognising negative thoughts is the first step to working through the problem. Ask yourself, would you talk like this to someone else?

Challenge your thoughts. Ask yourself, "Is it true?" Often, it's not. Ask yourself if there's another explanation or way of looking at a situation. Remember that many things you worry about don't happen.

Write it down. Try writing your thoughts down or saying them out loud. It can reduce the impact of negative thoughts.

Watch what you are taking in. Be aware of the messages you are taking in through the media or on social media. Watching, reading or listening to ongoing negative information can increase stress.

Replace the thought with a positive thought. For example, if you think "I won't be able to cope with this situation", you can change that thought to "I am coping quite well, given everything else that is going on. This situation is stressful, but it will pass".

It can take some time to recognise your negative thoughts. They may have been part of you for a long time. Over time, the more you practice, the easier it will become to replace unhealthy negative thoughts with more positive ones.

Retrieved 25.6.2025: <https://www.healthdirect.gov.au/self-talk#:~:text=Self%2Dtalk%20is%20the%20way%20you%20talk%20to%20yourself%2C%20or,make%20decisions>

DISCOVERING YOUR OWN STRENGTHS

What are your personal strengths, and how can you begin using them more often?

Here are some ways you can begin discovering them:

Remember what you loved to do as a child. Ask yourself, “What did I love to do?” Then look for the strengths your young self was demonstrating. What were your strengths—Love of nature? Relating to others? Playing on a team? Following your curiosity? Art? Music? Or something else?

Recall a time in your adult life when you felt filled with joy, energy, and vitality. What were you doing—Engaging in a sport? Working with a partner? Creating art or music? Solving a problem at work? Feeling a sense of awe in nature? Or something else? (Dreher, 2008)

Positive psychology research has identified twenty-four character strengths common to all humanity: creativity, curiosity, open mindedness, love of learning, perspective, bravery, persistence, integrity, vitality, love, kindness, social intelligence, citizenship, fairness, leadership, forgiveness, humility, prudence, self-regulation, appreciation of beauty and excellence, gratitude, hope, humour, and spirituality (Peterson, & Seligman, 2004). The researchers found that each of us has five top strengths, or “signature strengths,” and that using them can bring greater joy to our lives, help us flourish and begin living more creatively (Seligman et al, 2005).

[Click here](#) to take the quiz or scan the QR code.



Retrieved 27.6.2025 <https://www.psychologytoday.com/au/blog/your-personal-renaissance/202407/the-power-of-your-personal-strengths>

MY LOVE MAP

I feel most loved when?

I feel the most understood when?

I feel the most appreciated when?

I feel the least appreciated when?

I feel the most respected when?

When I am feeling sad, I need?

When I am feeling angry, I need?

When I am feeling afraid, I need?

I feel the most creative when?

I feel most liberated when?

I feel the most adventurous when?

I feel the most purposeful when?

I feel the most energised when?

I feel the most inspired when?

What have I learnt about myself?

THE FIVE LOVE LANGUAGES

1. WORDS OF AFFIRMATION:

This involves expressing love through spoken or written words of appreciation, affection and encouragement.

2. QUALITY TIME:

This looks like undivided attention, engaging in meaningful activities, and being present in the moment.

3. RECEIVING GIFTS:

For some, receiving thoughtful gifts, whether big or small, is a way to feel appreciated and loved.

4. ACTS OF SERVICE:

This involves expressing love through actions, like running errands, doing chores, or helping with tasks to make life easier.

5. PHYSICAL TOUCH:

This includes expressing love through physical affection, such as holding hands, hugging, kissing, or any other form of affectionate physical contact.

YOU CAN TAKE THE LOVE LANGUAGE QUIZ FOR FREE

<https://5lovelanguages.com/quizzes/love-language>



ATTRIBUTES

Loving	Funny	Committed	Witty
Sensitive	Considerate	Involved	Relaxed
Brave	Affectionate	Expressive	Beautiful
Intelligent	Organised	Active	Calm
Thoughtful	Resourceful	Careful	Lively
Generous	Athletic	Reserved	Great Partner
Loyal	Cheerful	Adventurous	Great Parent
Truthful	Coordinated	Receptive	Assertive
Strong	Graceful	Reliable	Protective
Energetic	Elegant	Responsible	Sweet
Decisive	Gracious	Dependable	Tender
Creative	Playful	Nurturing	Powerful
Imaginative	Caring	Warm	Flexible
Fun	Great Friend	Kind	Shy
Attractive	Exciting	Gentle	
Interesting	Thrifty	Practical	
Supportive	Vulnerable	Understanding	

CONSCIOUS DATING RED FLAGS CHECKLIST



<https://www.getrcimedia.com/members/external/datingredflags.pdf>