

2023/
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WORK BOOK

for
discovering
you



Views from the Skew



AUDREY M.

Audrey T Murenzvi is a Business Strategy Consultant who helps small businesses develop strategies to grow and scale. She has a combined 10 years of experience in Business Development and Finance roles working mostly with start ups and small teams. Her passion for experiential personal development and building the optimal human experience is driven by her difficult upbringing accented by loss, domestic violence, extreme poverty and disappointment. She wants to pass on some of the key nuggets she picked up on her relentless journey towards regaining some normalcy to encourage anyone who cannot see a way forward for themselves.

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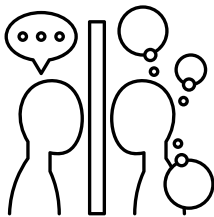
Intro - Welcome to your
journey of self-discovery



How to use this workbook



Stages of self-discovery



Question Time

INTRO

Welcome to your journey of self-discovery



Sometimes we can go through the motions of life without ever confronting the reality behind why we are here and what we are supposed to do. I am happy that that lack of clarity will soon end as you work through one of the most important questions in your life - Who are you?

Take as long as you need to reflect on your growing up, whatever that looks like - there is always a pattern that appears that tells us the kind of person we are and what we are drawn to.

For some people it is clear as day yet for others its layer upon layer of uncovering...



**WORKING:
ON MYSELF
BY MYSELF
FOR MYSELF**

SELF DISCOVERY



1. Spend time alone.
2. Learn about yourself.
3. Train your mind.
4. Quit bad habits
5. Reflect and journal



Self-discovery can be a messy journey. There are some parts of us that can make us uncomfortable. When you come to those difficult parts, instead of brushing them off, embrace them and the feelings that come with them.

Don't forget that you can embrace all the parts that make you who you are - weaknesses, the past, failures and the good too.



Journalling is a brilliant way of putting your thoughts and feelings down for refining and clarity. Use it as a tool to stay on course.



REFLECTIONS

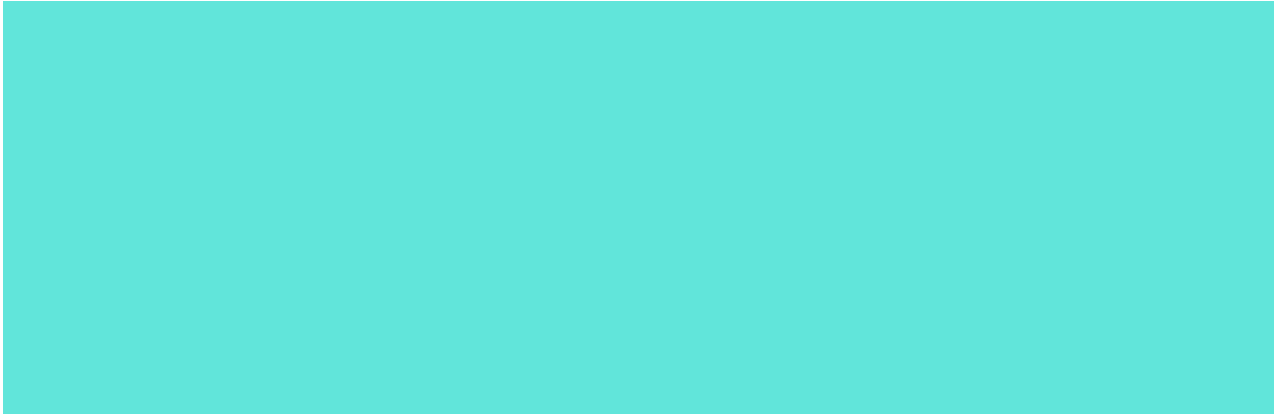


Question One: WHO AM I?

Question Two: WHAT DO I LIKE?

Question Three: WHAT KIND OF LIFE DO I ASPIRE FOR?

Question Four: WHAT KIND OF WORK DO I LOVE?



*At the centre of your being you have the
answer; you know who you are and you
know what you want.
–Lao Tzu*

Question Five: WHAT KIND OF PEOPLE DO I ENJOY BEING WITH?



*In the end you don't so much find
yourself as you find someone who
knows who you are.
–Robert Brault*



VISION BOARD

NAME : _____

DATE : _____

PHYSICAL :



PHYSICAL :



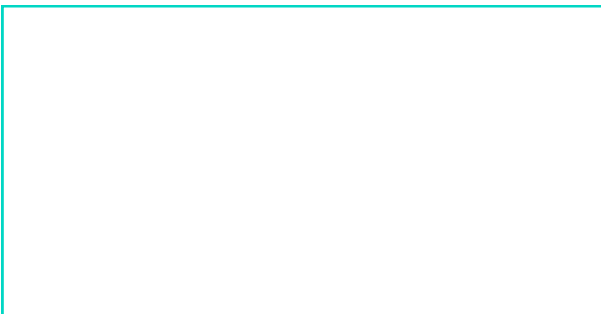
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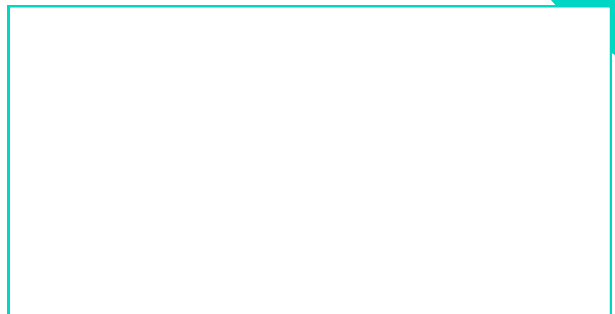
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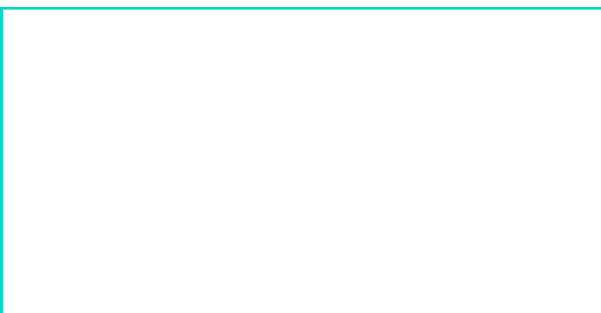
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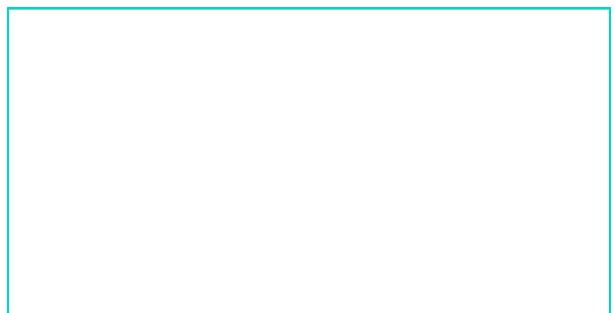
RELATIONSHIP :



PERSONAL :



SOCIAL :





END NOTES

This is only the first step. Mindfulness as a daily practice will help you appreciate who you will become as your life changes.