

# BOUTIQUE 1 WORKSHEET



---

## LESSON 2: YOUR STYLE. YOUR WAY. | PART A – WHO AM I?

---

*How to Get to Know Yourself* by Faroush Brock (<http://www.prolificliving.com/>)

**But before you dive in, please know:** there are no right or wrong answers here. There is only you uncovering the process of building a closer relationship with the person within.

**These questions are not designed to be easy or comfortable, but they are important to ask and to know. This is the nature of deep self-inquiry. At first, it's a challenging plunge into the unfamiliar. But it only gets easier – and eventually, it will be incredibly fun, too.**

1. What activity in your life lights you up with joy?

2. What is something you always love doing, even when you are tired or rushed? Why?

3. If a relationship or job makes you unhappy, do you choose to stay or leave?

4. What do you fear about leaving a bad job or a bad relationship?

5. What do you believe is possible for you?

6. What have you done in your life that you are most proud of?

7. What is the thing that you are second most proud of?

8. What kind of legacy do you want to leave behind?

9. How does your being here in the universe change humanity for the better?

10. If you could have one single wish granted, what would it be?

11. How comfortable are you with your own mortality?

12. What is your highest core value?

13. To your best knowledge, how do other people perceive you?

14. How would you like others to perceive you?

15. How confident are you in your abilities to make decisions for yourself?

16. What is your biggest self-limiting belief?

17. Who is the most important person in your life?

18. Who is your greatest role model?

19. Who is a person that you don't like yet you spend time with?

20. What is something that is true for you no matter what?

21. What is your moral compass in making difficult decisions?

22. What is one failure that you have turned into your greatest lesson?

23. What role does gratitude play in your life?

24. How do you feel about your parents?

25. How is your relationship with money?

26. How do you feel about growing old someday?

27. What role has formal education played in your life and how do you feel about it?

28. Do you believe your destiny is pre-determined or in your hands to shape however you wish?

29. What do you believe is the meaning of your life?

### **Congratulations - you've completed the exercise!**

And now, I want to introduce you to a concept you may not know... or are just afraid to believe:

You are a unique child of this world.

You are brilliant, smart and wise. You are deep and fascinating. You are gifted and talented. You are beyond capable to do what you dream. You are loved, loving and lovable.

You are not too old or too fat or too poor. You are not too slow or too boring. You are simply none of the terrible things you tell yourself. You're quite the opposite.

*You are more than enough.*

---

## **LESSON 2: YOUR STYLE. YOUR WAY. | PART B – MY DREAM STYLE**

---

By now, you should have a Pinterest board created called 'My Dream Style: My Inspiration' or whatever you like.

In the space below, list the common themes & styles that appear on your vision board:

What colors do you see repeating?

Blank space for writing answers to the question: "What colors do you see repeating?"

What textures catch your eye, again and again?

Blank space for writing answers to the question: "What textures catch your eye, again and again?"

*These commonalities will serve as your visual direction when it comes time for shopping. So make sure you save this worksheet next time you're hitting the mall or your favorite store!*