



Linkage Wellness Institute



# SELF-EXPLORATION WORKSHEETS



A PERSONAL CHRONICLE OF THOUGHTS, REFLECTIONS,  
AND MOMENTS THAT SHAPE YOUR UNIQUE JOURNEY



*Vision 2026-27:*

# MY NEXT CHAPTER

What I'm  
Chasing  
This Year

1. What new goals or plans can I create?

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2. How can I challenge myself in ways I never have?

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My Big 3  
for 2026-  
2027

How I'll  
Make It  
Happen

3. How does the next 5 years look RIGHT NOW in my head?

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**"A Soft life takes hard work, but you got this. Let's go."**



# LETTERS TO MYSELF

## A LETTER TO MY YOUNGER SELF:

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## A LETTER TO MY CURRENT SELF:

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## A LETTER TO MY FUTURE SELF:

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# DAILY ROUTINE

Date:

## Morning

Wake up at 7:30 a.m

Plan the day and set goals

List things I'm grateful for

Cook & eat healthy breakfast

Check & respond to important emails

MON TUE WED THUR FRI SAT SUN

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Afternoon

Do afternoon stretches

Prioritize tasks & manage time

Work focus time

Connect with family & friends

Review work to-do list

MON TUE WED THUR FRI SAT SUN

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Evening

Unwind from work

Catch up on hobbies

Night yoga

Journal

Plan for the next day

MON TUE WED THUR FRI SAT SUN

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# WEEKLY REFLECTIONS

TODAY'S DATE: \_\_\_\_\_

**FIVE THINGS THAT MADE ME HAPPY THIS WEEK:**

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**FIVE THINGS I ACHIEVED THIS WEEK:**

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**FIVE THINGS I CAN DO DIFFERENT NEXT WEEK:**

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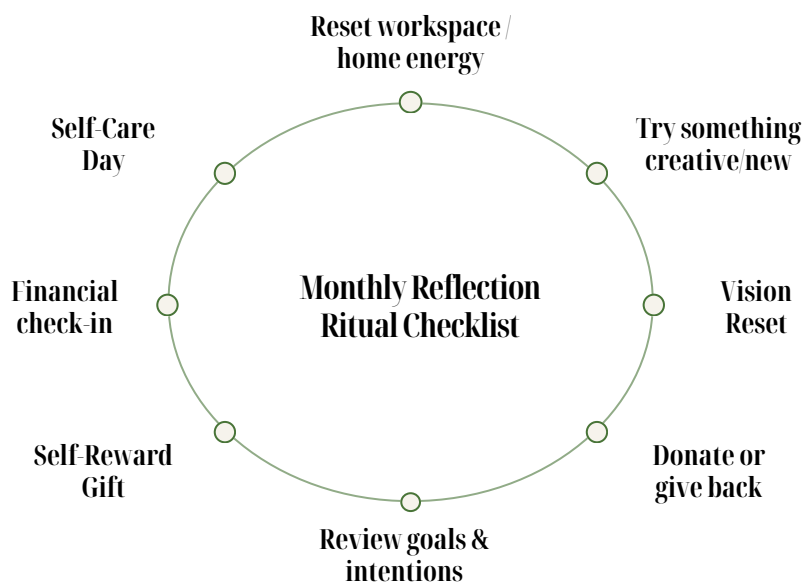
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# MONTHLY REFLECTION

What moments, events, or achievements stood out to you?

What obstacles did you face?

What did you learn from them?



List 3 things you're grateful for this month...

[01]

[02]

[03]

## Habit Tracker

Self-Care																	
Meditation																	
Exercise																	
Journaling																	

# MONTHLY BUDGET REVIEW

MONTH \_\_\_\_\_

STARTING BALANCE \_\_\_\_\_

ENDING BALANCE \_\_\_\_\_

## EXPENSES

Everyday	
Debt	
Education	
Entertainment	
Health	
Transportation	
Gifts	
Travel	
Home	
Insurance	
Other	
<b>Total:</b>	

## INCOME

Income Stream 1	
Income Stream 2	
Income Stream 3	
Gifts	
<b>Total:</b>	

## SUMMARY

Income	
Expenses	
<b>Ending Balance</b>	

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# GOAL SETTING PLANNER 2026

<p>Goal Title:</p> <p>_____</p> <p>Why It Matters:</p> <p>_____</p> <p>Deadline:</p> <p>_____</p> <p>First Small Step:</p> <p>_____</p>	<p>Goal Title:</p> <p>_____</p> <p>Why It Matters:</p> <p>_____</p> <p>Deadline:</p> <p>_____</p> <p>First Small Step:</p> <p>_____</p>	<p>Goal Title:</p> <p>_____</p> <p>Why It Matters:</p> <p>_____</p> <p>Deadline:</p> <p>_____</p> <p>First Small Step:</p> <p>_____</p>
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**4 Years Milestone Map**

	2031	2032	2033	2034
Key Focus	_____	_____	_____	_____
	• _____	• _____	• _____	• _____
	• _____	• _____	• _____	• _____

This Month I'll Focus On:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

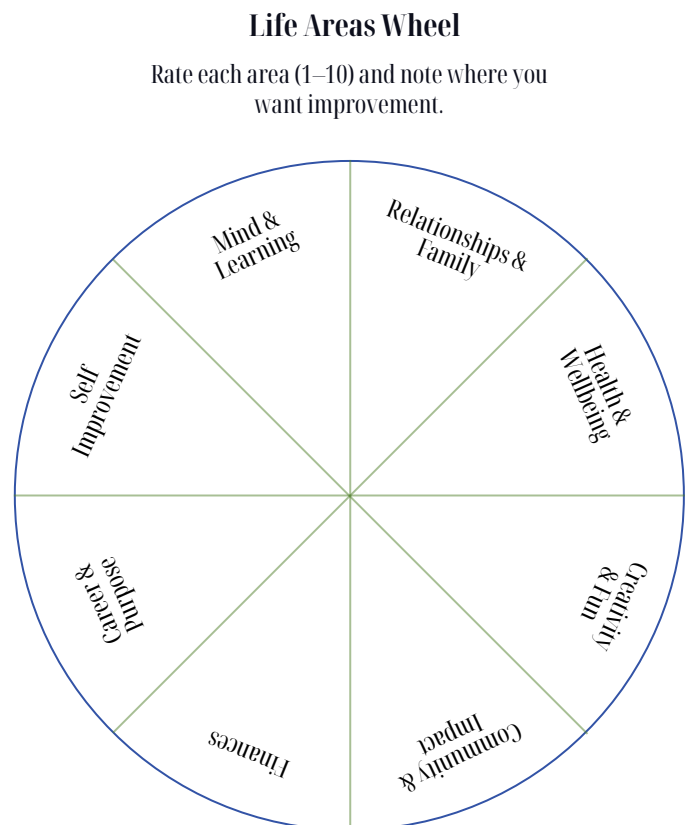
Top 3 Priorities:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What I'll Improve Next Month:

\_\_\_\_\_

\_\_\_\_\_



# WELLNESS HABIT TRACKER

Month :

Week :

## MIND & MOOD

	S	M	T	W	T	F	S
Daily Gratitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Journaling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Screen-Free Time (1 hr)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditation (5–10 min)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep Before 10 PM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BODY & HEALTH

	S	M	T	W	T	F	S
Drink 8 Glasses of Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthy Meals (2x/day)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretch or Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take Vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No Junk Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SELF-CARE & GROWTH

	S	M	T	W	T	F	S
Read (10–15 min)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skincare Routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Digital Detox (30 min)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learn Something New	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acts of Kindness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# MANIFESTATION PLANNER

**I want to manifest:**

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**My message to the universe:**

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**WHAT I SEE**

**WHAT I FEEL**

**WHAT I HAVE**

**My action plan:**

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**My affirmations:**

# JOURNAL PROMPTS FOR SELF-LOVE & HEALING

**1. What do I love most about myself today?**

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**2. What is one thing I forgive myself for?**

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**3. How can I be kinder to myself?**

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**4. What limiting belief am I ready to let go of?**

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**5. What does healing look like for me right now?**

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**6. What makes me feel grounded and safe?**

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**7. What would I say to my younger self today?**

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**8. How do I want to show up for myself this week?**

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# My Safety Sheet



Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Contact No.: \_\_\_\_\_

Favorite Person:

\_\_\_\_\_

Favorite Food:

\_\_\_\_\_

Favorite Drink:

\_\_\_\_\_

Favorite Movie:

\_\_\_\_\_

Emergency  
Contact

Person who holds me  
Accountable

Go To Friends

My Counselor



# Contact Linkage

Social Media:

[@linkagelove](#)

Email:

[Support@linkagewellnessinstitute.com](mailto:Support@linkagewellnessinstitute.com)

Client Support:

[\(301\) 414-8403](tel:(301)414-8403)

Website:

[www.linkagewellnessinstitute.com](http://www.linkagewellnessinstitute.com)

Linkage is dedicated to the health & wellness of Women and Men after a cancer diagnosis or Life Trauma experience.

Download/Print our Linkage Trauma Healing Awareness Materials on our website.

- The Linkage Healing Hub Journal
- Linkage Healing Self Reflection & Self Exploration Worksheet Packets
- Linkage Mindful Meditation Coloring Book & Linkage 30-Day Challenges
- Linkage "My Journey Journal"



# MY NOTES

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