

Self-Discovery Workbook

Version 1

Reflect | Discover | Open to Growth

A place to look inward.

This workbook is not here to tell you who to become or what your purpose should be. It is here to help you notice what has changed, question what you believe about yourself, and discover what still matters to you.

Keep it simple

- A few honest words are enough.
- There are no right answers.
- Skip what is not useful today and return later.
- You decide what your answers mean.

Name (optional)

Date

You do not need the whole path before taking an honest look at where you are.

1 | WHERE I AM NOW

What Has Changed?

Losing or having limited access to your child or children can affect more than contact. It can change how you see yourself, your place in the world, and what life feels like now.

Before things changed, what gave my life a sense of purpose or meaning?

What feels missing in me now?

What has this change made me question about myself or my life?

IF I WANT TO GO DEEPER LATER

Loss, change, identity and adjustment.

2 | BELIEF AND MEANING

What Am I Believing About Myself?

Experiences do not always define us by themselves. The meaning we give them can become a belief about who we are. This page is simply an invitation to examine that meaning.

What am I currently believing about myself?

What meaning have I given to what happened?

Is that meaning actually true? What can I genuinely validate - and what does not hold up?

If the old meaning does not fully stand, what other meaning could I give it?

IF I WANT TO GO DEEPER LATER

Beliefs, meaning and identity reconstruction.

3 | IDENTITY

What Is Still True About Me?

Roles are important, but they are not the whole of a person. Notice what remains underneath the circumstances you are living through.

What qualities, values or strengths do I still recognise in myself?

When have I felt most like myself?

What part of myself would I like to reconnect with or understand better?

IF I WANT TO GO DEEPER LATER

Identity, values, strengths and self-understanding.

4 | FATHERHOOD

What Kind of Father Do I Want to Be?

This is not about what anyone else thinks a father should be. It is about the father you would choose to be.

A QUESTION TO SIT WITH

If I could be with my child or children tomorrow, would I be proud of the father and person they would meet?

What would I be proud for them to see in me?

What would I want them to learn from the way I live my life?

What, if anything, would I want to work on in myself before that day?

IF I WANT TO GO DEEPER LATER

Fatherhood, responsibility, values and the example I choose to set.

5 | RESPONSIBILITY AND CHOICE

What Is Still Mine to Choose?

Distance or limited contact can change what is possible today. It does not answer for you what fatherhood means, what responsibility means, or how you choose to live while hope remains.

What does being a father mean to me when I cannot be there in the way I want?

What kind of role model would I choose to be, whether my children can see it today or not?

What is still within my influence now?

IF I WANT TO GO DEEPER LATER

Responsibility, influence, values and A Father's Legacy.

6 | MEANING AND POSSIBILITY

What Still Matters to Me?

Finding meaning does not require replacing your children, giving up hope, or deciding on one grand purpose. It can begin by noticing what still matters and what draws something alive from you.

What still matters deeply to me?

What gives me even a small sense of interest, connection, usefulness, energy or peace?

What would I be curious to explore, learn, create, contribute to or experience?

IF I WANT TO GO DEEPER LATER

Purpose, contribution, interests and future possibilities.

7 | HOPE AND DIRECTION

What Direction Feels Meaningful to Me?

Hope does not require certainty. Reflection can help us learn from the past, and planning can give us direction. The choices we can actually make are the ones available to us now.

A SIMPLE REMINDER

The past can give understanding. The future can give direction. The now is where life happens.

What possibility am I not ready to give up on?

What direction feels meaningful to me from here?

What is one action I can take now that reflects the person or father I want to be?

IF I WANT TO GO DEEPER LATER

Hope without attachment, conscious harmony, direction and action.

8 | REFLECTION

What Have I Discovered?

Read back through what you wrote. You do not need to judge it, solve it, or make it fit a particular answer. Just notice what is there.

What answer, thought or feeling stood out most?

What theme seems to keep appearing?

What have I learned about who I am, what matters to me, or who I may want to become?

What would I like to understand more deeply?

YOUR NEXT STEP

As you continue, keep asking: What am I choosing here - and why? There is no final answer to who you are. Each layer of understanding is progress. The deeper work is there when you want it, and you decide what to explore next and how far you want to go.