Nicole Simmons

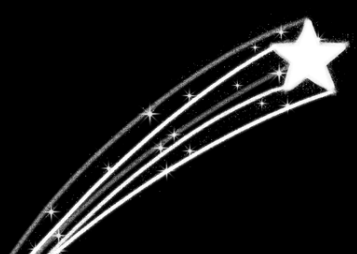
THE SELF-DISCOVERY WORKBOOK

DISCOVER WHO YOU ARE.

↓

DESIGN THE LIFE YOU WANT.

A Guided Journal for
Creating Your Future





DEDICATION

To those who are facing things that they don't yet know how to overcome.
To those who have been brave enough to overcome them.
To those who are lost, confused, sad, or happy.
To the ones just trying to find their purpose, or spark again.

May this be a light in your dark tunnel.
I hope it can give you a sense of direction, understanding, compassion and motivation to push through.

I want to thank my Dad, my Cousin Emily & everyone who has ever shown me genuine support...
Oh and my favorite little House Hippo named Piggy.

I also want to thank those who have paved the way before and proven that anything is possible time and time again.
To those who have believed in themselves so deeply that they make their dreams come true, against all odds.

Oh, how beautiful life can be.

Nicole Simmons

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I'd like to introduce myself...

My name is Nicole. I grew up in Montana most of my life, but I always knew I wanted to experience more of the world & life itself. **To find my purpose.** Through many challenges in my life, I have always had a fire inside of me to keep going even though it's been very lonely. Music and creativity in general has been the foundation of my spirit, as it probably is for many of you as well. I've always known I'm meant to work for myself and create the life I desire. Although I have been able to do that so far in life, I am upping the ante and hustling to achieve the life I really want. But, honestly.. I've spent most of my journey holding myself back- not because I lacked ideas, but because I didn't have a clear plan or the confidence to fully execute them. Everything felt very foggy, even trying to figure out what I wanted to do & how to even make it into a business.
I needed to figure out exactly who I am, what I wanted and my game plan on how to make things happen. And most importantly, *understanding how powerful my spark truly is.*

From having to figure out everything on my own, I know what it feels like to be very confused, directionless, sad & depressed- to motivated, inspired and achieving my goals. I realized that most things in life have patterns, systems & cheat codes to get where you desire to be in life. If you pay attention to those who are doing what you want to do, there are foundations and systems in place, just waiting for you to take action to bring the plans to life. I created this workbook to not only help you, but continue to help myself to create a clear life direction with everyday habits and understanding of oneself. To help build a strong foundation that will help you know who you are and exactly what it is that you want & the game plan to get there. All you need is to know yourself. Have a clear vision & plan.. and put in the work until it's yours and some. Nothing is impossible- only if you let it be.
The time is N:OW.

How to Get Started

Ah... the looming questions; Where do I start? How do I start? What the heck am I even doing!? Yeah, I've had those questions and still have them. You see, perspective is everything and honestly it's pretty fun being at the stage of the VERY beginning and throughout the whole process, even if you have to force yourself through the hard stuff... **you will get better- it will get better**. The anticipation feels as if you're about to jump out of an airplane (I did that once), shaking uncontrollably until you close your eyes and just jump..... then at the right altitude the parachute pops open and you start to float. I know for a fact that *to begin anything, especially those dreams and goals you've been wanting to achieve, you have to just START.*
And like Nike says: **JUST DO IT.**

Here's how this works. **This workbook is the foundation and outline to your plans (goals).** Within each section, there are questions, insights, fun little goodies & a lot of other things for you to absorb, answer and think about. Trust me, you're not applying for NASA. It's your own personal discovery. Take your time, think on it, re-read it, whatever you need to do. Once you begin to understand YOU, have a clear idea/vision of what you want your life to be and who you want to become, then comes the ACTION of doing & being. By the time you finish this workbook, you'll have a clearer vision of where you're going & walk away with actionable steps-not just sitting ideas. **Remember... Fear is a mile wide and an inch deep.**
Don't be scared. Go dip your toes in the water.





Section 1.
WHERE ARE YOU RIGHT NOW?

WHERE ARE YOU RIGHT NOW?

📞 Hello? Where the heck are ya friend?! It's your life calling, I'm just wondering where you're at in your life right now? Like in this very present moment, because it's urgent and I need you to light that internal spark, put on your finest pair of panties & live your BEST life- head out of the sunroof type things!!



Write everything about your current life below and put a date on it.
Explain the car you drive, the job you have, what you do on a daily basis, your friends, your favorite fashion styles you wear... write down EVERYTHING about you in this very moment.

The real question is...

ARE YOU HAPPY?



Write your answer below... it's time to vent how you really feel.

QUESTIONS CONTINUED...

WHAT IS YOUR PERSONALITY LIKE?
WHAT ARE YOUR EMOTIONAL TRIGGERS?
WHAT ARE YOUR STRENGTHS & WEAKNESSES?
WHAT ARE YOU TALENTED AT?



Write your answer below...

Your life right now is the result of all your previous thoughts, feelings & actions. How would you describe where you are in this chapter of your life? Do you like this current chapter and the character you are portraying?

What feels out of alignment in your life and why are you letting it continue to be out of alignment? For example: Your job, your looks, your friend groups, your demeanor, your energy, etc.

What are your daily habits? What do you spend most of your time doing, thinking & feeling?

WRITE IT OUT

Express your thoughts.



Section 2:

WHAT DO YOU REALLY WANT?

WHAT DO YOU REALLY WANT?

There is no limit to what you can have and achieve, only how much time you have to do it. Go all in. Ask for the most, be the most, do the most & reach for the stars. Sometimes you won't always know what you want and thats why it's soooo important to do consistent check-ins with yourself.. like an audit of your life and make a game plan. The best part is that at any moment in your life, you can change and start all over. Below are a few base ideas you can branch off of, when it comes to figuring out what you want.

Lifestyle

Knowing the type of lifestyle you want to have is important. It's going to be a basis for your motivation & plan. What type of weather climate do you want to live in? What is your character like? Do you want to be able to be on the beach every day or in a city? What are the people you surround yourself with known for? Do you want to be very wealthy or just live a comfortable life? Choosing the lifestyle you desire sets a foundation for your life.

Values

Core values are the principles that guide how you want to live and make decisions. Anything from, Health, Spiritual & Inner Life, Fun, Career & Achievements, Freedom & Lifestyle, Relationships & your Character. Are you a reliable person? Do you value independence? Are you shy or self expressive? There are so many things that make up who YOU are & you can always add more, almost like a video game. Just as long as you stay true to who YOU are.

Purpose

Your purpose doesn't have to be one thing. It can be anything & many things, including the impact you have on the world. Think about the problems you naturally want to solve, the people or causes you care about the most, or those specific desires & talents you have. What gives you a sense of fulfillment? Your purpose can grow & evolve throughout your life, but having a direction makes every decision more meaningful.

It's ok if you don't fully know what you want just yet. It's important to just start. Everyone's life will ALWAYS be completely different. We never have the same journey, but we may have similar circumstances. You are not alone.

Write down all of the things that make you genuinely happy (even the smallest of things, like the summer breeze or wearing your favorite clothes). What makes you feel ALIVE?

What do you want your dream life to look like? i.e Your job, Where you live, Your house, Family, How you talk, How you dress, Your daily routines, Your achievements, etc. **(Imagine money never being an obstacle for your dream life)**

HABIT TRACKER

Below is a habit tracker. A habit tracker will help you keep track of your every day habits.
This is a basic outline you can follow to help you.

WEEK OF:

MORNING ROUTINE	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

AFTERNOON ROUTINE	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

NIGHT ROUTINE	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○



WRITE IT OUT

What are some new habits that will align with the new life that you want to create?




Section 3.
THE FEELING IS THE SECRET

LIMITING BELIEFS

Naturally, we all have limiting beliefs that TRY to stop us *if we let them.* Imagine a limiting belief that is going against what you truly want. **<u>Answer to this:</u>** **I can't achieve any of these things because.....?**

<u>Now, ask yourself:</u> Is this true? Who told me I couldn't do it? What's stopping me from achieving these things? (rule out money being the only obstacle)

Limiting beliefs & fear are energies you should never allow into your life. Do you realize how we are floating on a huge rock in the middle of a dark space, filled with infinite amounts of things we can't even imagine!? How have so many people in this world created "impossible" things? Still to this day it is beyond me how we have personal cell phones that LITERALLY can take a call, while one person can be miles away and you can hear exactly what they are saying!? Bluetooth, remote controls, airplanes, skyscrapers, boats.. like my mind is blown every day how these things actually & successfully work. Years & years ago they were some "impossible ideas." Really think about that & realize that limiting beliefs (especially people with them) will always tell you that you CAN'T.
It's **NEVER** true! Watch what happens when you cancel that noise out and actually make it happen! Never EVER let limiting & fearful thoughts, or people stop you from achieving a life full of magic. It's yours to live.

WRITE IT OUT





The Time is N:OW

6 MONTH - 10 YEAR PLAN

(*Beyoncé voice*) YOU READY?! Below is where you truly begin the real momentum. It's time to create a detailed list & plan for the next years of your life. I am so excited & proud of you for taking this next step!
So in 3...2...1.....let your new life..... BEGIN! (**Remember to set dates**!)

6 MONTH - 1 YEAR PLAN

5 YEAR - 10 YEAR PLAN

WHO DO YOU NEED TO BECOME?

You know what you want. Now look at the life that exists between where you are today and where you want to be.

Your dream isn't only asking you to do different things. It may be asking you to meet new people, enter new rooms, change your environment, develop new habits, strengthen parts of your character, and let go of things that no longer belong in the life you're building.

Use these questions to reverse-engineer your next chapter.

THE PEOPLE

Who do you need to know, learn from, collaborate with, or surround yourself with? Who is already living, creating, or working in the world you want to enter?

People I want to meet or connect with:

-
-
-
-

THE PLACES

Where does the version of you that you're are becoming need to be?

Think beyond where you live. What rooms, communities, events, cities, classes, organizations, online spaces, or environments would put you closer to the life you want?

Places I need to put myself:

-
-
-
-

THE CHARACTER

Who do you need to become to keep the life you're asking for?

Maybe you're more disciplined. More courageous. More patient. More visible. More consistent. More confident. More selective. Maybe you keep your word.

Qualities I want to embody:

-
-
-
-

WHO DO YOU NEED TO BECOME? (CONTINUED)

THE SKILLS

What would become possible if you got really good at the things your dream requires?

Skills I need to learn or strengthen:

-
-
-
-

THE HABITS

What does this version of you do regularly — even when no one is watching?

Habits and routines I need to build:

-
-
-
-

THE THINGS I NEED TO RELEASE

What belongs to your current chapter but cannot come with you into the next one?

Think about habits, distractions, environments, relationships, fears, beliefs, excuses, or patterns.

I'm ready to leave behind:

-
-
-
-

You don't wait until you arrive to your dream life to become that person.
You become that person now, and then you arrive.
You have to change in order for change to happen. You won't become that person by sitting on your couch for hours scrolling.
You have to put in the work. **Every day. No excuses.**

THINGS I'M LETTING GO OF...

Pop the bubbles once you've written it down, to finally let it go.

THIS IS FOR YOU

This workbook is not only for you, it's for me too. I was always alone searching for the answers, the secret sauce that could help guide me in the right direction. I've only ever had myself to fall back on throughout my whole life journey, even still to this day. I've made such ignorant decisions, wasted so much time and held myself back immensely, just from my thoughts alone. Yet, throughout my journey, I've had a keen skill for observing patterns & correlating what it takes to create desired outcomes. The more I observed, the more I realized that meaningful change rarely comes from one life-changing moment. It comes from small choices, repeated consistently over time & continuing to educate yourself and expand your knowledge, because what you don't know, you simply don't know.

Life doesn't give you a custom manual on how to achieve your success, but there are timeless principles that you can follow in order to achieve your desired outcomes. So, I decided to make my own life manual, something that you can apply to your life as well. These eight sections are the framework I've come back to again and again. Something that helps you get down to the extreme core issues, because there is always a reason WHY you do what you do and why your life is the way it is.

I believe this Self Discovery Workbook will become one of the most valuable investments you make for yourself. Every answer you are searching for already exists within you- this will help you uncover them. Let this be your gold mine - you just struck gold baby!

Nicole Simmons

✦ CONTINUE YOUR JOURNEY ✦

You've started discovering where you are, what you truly want, and who you need to become to create the life you desire.

But this is only the beginning.

The full Self-Discovery Workbook takes you deeper—with guided exercises designed to help you understand yourself, overcome what's holding you back, create a clear vision for your future, and turn that vision into an actionable plan.

Inside the full workbook, you'll continue with:

✦ Limiting beliefs & fear
✦ Vision & future planning
✦ Daily + weekly action plans
✦ Self-love & personal growth
✦ Building habits that align with your future
✦ Compound Effect Bingo
✦ Bucket List Challenge
✦ Monthly reflections & recaps
✦ Letters to your past & future self
✦ And so much more…

You already started. Now keep going.

THE TIME IS N:OW.

GET THE FULL SELF-DISCOVERY WORKBOOK

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