

# KNOW THY SELF...

*a guide to help you know and find yourself*

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## ACCEPTING

*List five qualities you have difficulty accepting in yourself.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*How can you be more accepting of these traits?*

*How can you be more loving to yourself?*

## STRENGTHS

List five of your strengths.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Write an affirmation for each strength listed above.

## AUTHENTIC

Think of your authentic self, warts and all. What are the top five qualities that make up who you are as a person, without the sheild of your persona?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How can you remain authentic?

WEEK OF \_\_\_\_ / \_\_\_\_ / \_\_\_\_

# gratitude

## TOP FIVE THINGS I'M GRATEFUL FOR

*monday*

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*friday*

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*tuesday*

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*saturday*

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*wednesday*

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*sunday*

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*thursday*

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*next week*

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## TOXIC RELATIONSHIPS

If you have any toxic relationships, list them here. Next to each relationship, identify what boundary you're putting in place to protect yourself.

## ABOUT MAGGIE ISLEY + EXTRAORDINARILY NICE

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*Extraordinarily Nice* comes from Maggie's desire to empower women. As a life coach, she shares tips and tricks to help others become their best authentic self. As a mother and middle aged woman, she shares anecdotes from her life with two kids, two dogs and a husband. She takes what she knows (empowerment + lifestyle) and combines it with what makes her unique (her personality) to share humorous and empowering updates.



## DID YOU FIND THIS HELPFUL?

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