

# Self-Discovery Reflection Kit

Your 7-day guide to uncovering hidden truths through three simple questions, six powerful words, and one transformative journey into the heart of who you are—and who you're becoming.



# Welcome, Beautiful Soul

You're here because something inside you is ready to be seen. Maybe you've been feeling lost in your relationships, unclear about your path, or disconnected from the person you know you're meant to be.

This kit is your gentle companion for the next seven days—a sacred space to explore the hidden truths your subconscious has been protecting. This isn't another self-help workbook that asks you to perform positivity you don't feel. This is different.

We're going to work with what's already **already true** inside you, using three simple questions as doorways into deeper understanding.

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## Over the Next Week, You'll Discover



### How You See Yourself

Uncover the truth about your self-perception and why it matters more than you think



### What You Seek in Love

Discover what you're really looking for in relationships and partnerships



### Your Spiritual Beliefs

Explore how you view the universe and whether that belief is serving you



### Practical Next Steps

Learn micro-actions to align your daily life with your deepest truth

# How to Use This Kit

This is a 7-day journey, but you can move at your own pace. There's no rush, no pressure—just you and your truth, meeting in the space between questions and answers.

1

## A Reflection Prompt

Gentle questions to deepen your understanding of yourself and your patterns

2

## A Micro-Action

Small, achievable steps you can complete in just 5-15 minutes each day

3

## Space to Write

Room for your raw, unfiltered truth—no editing, no performing, just honesty

## Ground Rule

There are no wrong answers. Your first instinct is your truest answer. Don't overthink it. Don't try to sound wise or spiritual. **Just be honest.**

"I am ready to see myself clearly, love myself fully, and trust what I discover."

# Your Foundation: The Three Questions

Before we begin the 7-day journey, let's capture your answers to the three core questions. Write quickly—your first instinct is your most honest answer. Don't pause to analyze or second-guess yourself.

01

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## What is your favorite color, and why?

Choose the color that genuinely moves you, then describe it with TWO adjectives that capture what it means to you.

02

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## What is your favorite animal, and why?

Pick the creature that speaks to your soul, then give it TWO adjectives that describe its essence.

03

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## What is your favorite thing to see in nature, and why?

Choose what makes you breathe deeper—ocean, mountains, forest, sky, meadow—then give it TWO adjectives.

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## What Your Answers Mean

- **Color words** = How you see yourself (or wish you could)
- **Animal words** = What you seek in a partner
- **Nature words** = How you view the universe or higher power

These six words create a map of your inner world—a blueprint for understanding your deepest needs, beliefs, and desires.

# Days 1-2: Meet Your True Self

## Day 1: Your Color Words

**Focus:** How you see yourself

Look at the two words you chose for your favorite color. Do they feel true to who you are right now, or do they feel like who you're trying to become? Both answers are valid and revealing.

### Micro-Action (5 minutes)

- Write your color words on a sticky note and place it where you'll see it first thing tomorrow morning
- Set a phone reminder for 9am: "How can I be [your two words] today?"

**Evening Check-In:** What would it feel like to fully embody those two words? What would change in your life?

## Day 2: Honoring the Gap

**Focus:** The journey, not just the destination

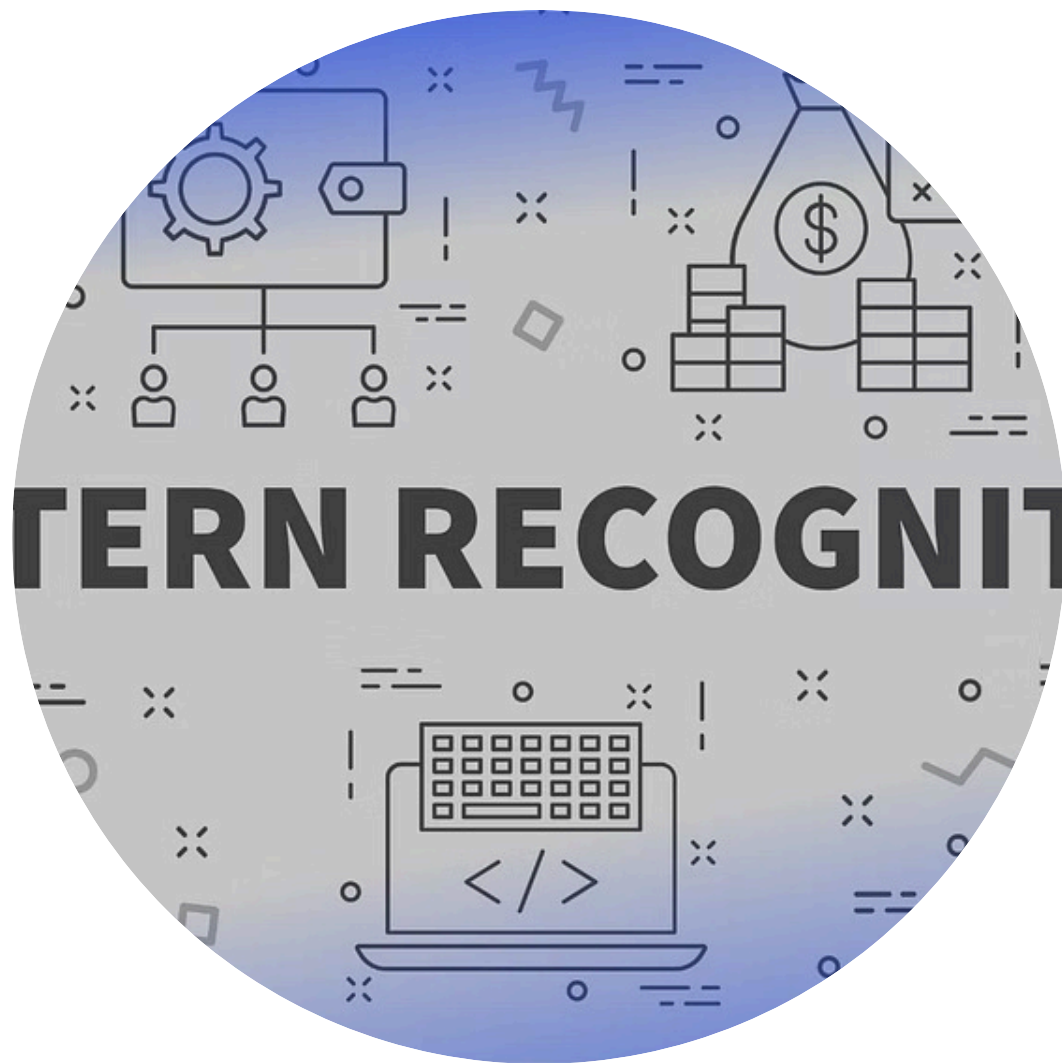
If there's a gap between your color words and how you actually feel most days, that gap isn't failure—it's your roadmap. It shows you exactly where growth is asking to happen.

### Micro-Action (10 minutes)

- Set a timer for 5 minutes and free-write: "If I were truly [your color words], I would..."
- Circle one small action from what you wrote that you can do THIS WEEK

Don't judge what comes up. Just notice it with compassion.

# Days 3-4: What You Really Need in Love



## Day 3: Pattern Recognition

**Focus:** Your animal words (what you seek in partnership)

Look at your last 2-3 romantic connections or crushes. Write down two words that describe each person's core qualities. How close do they come to your animal words?

**Truth-Telling Moment:** Have you been choosing people who feel familiar, or people who actually embody what you need? There's a difference.



## Day 4: Who Embodies Your Words

**Focus:** Seeing the recurring themes

Think about the people closest to you—friends, family, partner. Who in your life DOES embody your animal words? How do you feel when you're with them?

And who doesn't? What do you notice about how you feel in their presence? These observations are data, not judgments.

### **Micro-Actions**

**Day 3:** Write your animal words on a card for your wallet. Promise yourself to pause and ask if new connections embody what you actually need, not just what feels familiar.

**Day 4:** Reach out to one person who embodies your animal words and tell them what you appreciate about them. Let them know they're seen.

# Days 5–6: Your Relationship With the Universe

## Day 5: What You Believe

**Focus:** Your nature words (how you see the higher power/universe)

Look at your nature words. Do they feel comforting or sad? Hopeful or resigned? Your answer reveals what you believe you can expect from life.

**Deeper Question:** Where did this belief come from? Was there a moment, a person, or a pattern that taught you the universe is [your two words]?

### Micro-Action (10–15 minutes)

Spend time with your nature element—physically if possible, or through video and photos if not. While you're there, simply notice: What do you feel? What do you need?

## Day 6: Rewriting the Story

**Focus:** Choosing new beliefs about what's possible

If your nature words feel limiting or painful, what would you LIKE to believe about the universe instead? You don't have to believe it yet—just imagine it. What would change if the universe actually felt safe, abundant, or loving?

### Micro-Action (5 minutes nightly)

Every night before bed this week, say out loud: "The universe is [your nature words]" or "The universe is [new words you want to believe]."

Even if you don't believe it yet. **Especially** if you don't believe it yet. Your nervous system is listening and learning.

# Day 7: Integration & Moving Forward

## Color Words

### How you see yourself

Live into these qualities daily, one moment at a time



## Animal Words

### What you need in partnership

Vet new connections against these core qualities



## Integration

### All three create your inner map

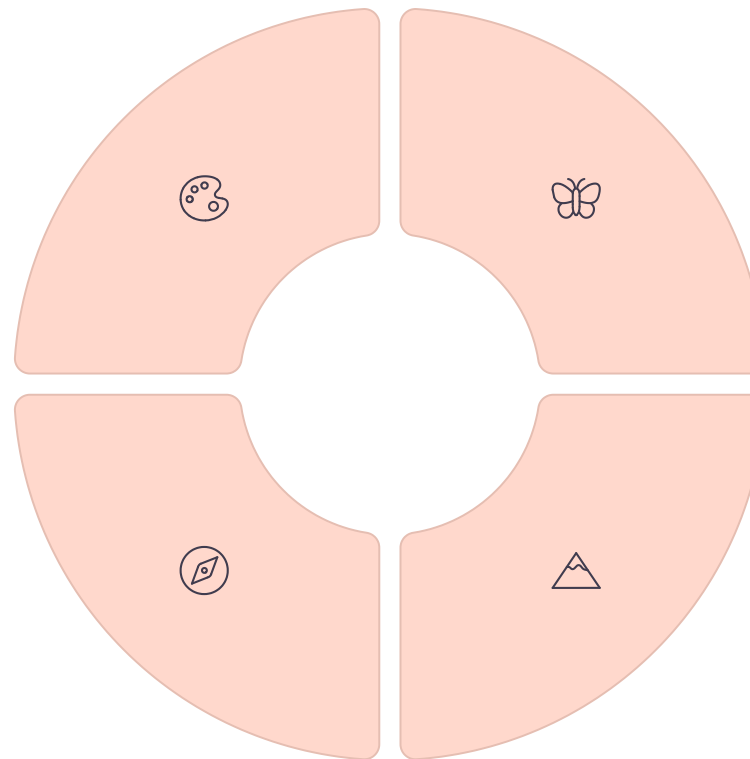
Revisit monthly as you continue to grow and evolve



## Nature Words

### Your spiritual beliefs

Question if this belief serves your growth and healing



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## Today's Big Reflection

You now have six words that map your inner world. Write about what's shifted for you this week. What do you understand now that you didn't before? What patterns are you seeing differently?

**Looking Ahead:** What's ONE commitment you're willing to make to yourself based on what you've discovered? Start small. Start honest.

"I honor what I've discovered. I trust my journey. I am becoming."

# What Comes Next?

You've done beautiful, brave work this week. You've looked at truths most people spend their whole lives avoiding. But awareness alone doesn't heal—**action does.**

## Keep the Momentum Going



### Revisit your six words monthly

Notice when they shift—that's not failure, that's growth showing you who you're becoming



### Share your animal words with trusted friends

Let them help you vet new connections and remind you of what you deserve



### Return to your nature element regularly

It's your spiritual anchor, the place where you remember what's true



### Journal when you're living out of alignment


The gap between who you are and who you want to be shows you where the work is



### Celebrate when you embody your color words

That's not small—that's transformation happening in real time

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 Self-discovery isn't linear. Some days you'll feel aligned with your truth, and other days you'll feel lost again. **Both are part of the path.** Be patient with yourself. You're doing better than you think.

# We're Here When You're Ready

Sometimes the path forward is clear, but walking it alone feels overwhelming. That's when having a guide makes all the difference.

If you're feeling stuck, confused, or ready for deeper work around healing relationship patterns, building self-worth, navigating spiritual awakening, or making big life decisions from your truest self—we'd be honored to walk with you.

## Connect With Us

**WhatsApp:** [+254 720 202 299](https://www.whatsapp.com/message/254720202299)

**Email:** [hello@arcaneguides.com](mailto:hello@arcaneguides.com)

**Website:** [arcaneguides.com](https://www.arcaneguides.com)

We respond with care, never pressure. Whether you have questions about this kit, want to explore your discoveries deeper, or need guidance on your next steps—reach out.

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*With love and guidance,*

The Arcane Guides Team