



Guiderly

The Self Discovery Checklist

Name

Date

Get Ready for Your Next Chapter

What this is: A writing-based self-assessment tool that uses **Journalization** to help you clarify if now is the right time to redesign your life — and how to start.

What it gives: Clarity, confidence, direction - through writing and reflection.

Journalization is a mix of thoughtful questions, reflection, and depth-provoking prompts to help you open the door and discover what's real and ready inside you. Think of it as a guided invitation to slow down, tune in, and let your inner wisdom tell you what you need to know.

10 Multiple choice questions and two writing prompts, 20 minutes.



1. How often do you feel restless — like life “on paper” isn’t matching what you feel inside?

- Rarely — I feel deeply satisfied.
- Occasionally — but I shrug it off.
- Often — something inside me knows there's more.
- Daily — it's like an itch I can't ignore.

2. When you think about the future, which feeling is strongest?

- Contentment
- Curiosity
- Longing
- Urgency

3. How aligned are your current work, lifestyle, and relationships?

- Perfectly aligned — life feels balanced to me.
- Mostly aligned but some cracks are showing.
- Out of step — my outer life doesn't reflect my inner growth.
- Completely misaligned — major change feels necessary.

4. How well do you trust your own inner guidance when making big decisions?

- Fully — I act with clarity and conviction.
- Somewhat — I often second-guess myself.
- Not much — I tend to defer or delay.
- I feel completely disconnected from my inner compass.



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5. When a bold opportunity appears (new project, new relationship, new direction), your first instinct is to:

Jump in - I trust life when it opens a door.

Hesitate - I usually say yes, but it takes effort.

Overthink it until the window closes.

Retreat - I assume it's impractical or not "for me."

6. What best describes your current creative energy?

Flowing - I feel inspired and alive.

Flickering - it shows up sometimes, then disappears.

Blocked - I can't seem to access it.

Flatlined - I miss feeling creative, but don't know where to start.

7. Which describes your current relationship to meaningful connection and community?

Deeply connected - I have a tribe that inspires and sees me.

Supported - but I crave deeper, more soul-aligned conversations.

Isolated - very few people "get" where I'm at.

Lonely - I long to feel part of something real again.

8. How ready are you to invest time, heart, and energy into personal reinvention?

Already doing it — full steam ahead.

Open — I just need a guide and a plan.

Hesitant — afraid of what I might discover.

Unsure — reinvention sounds appealing but daunting.

9. When you think about your legacy — the story you leave behind — what comes up?

I'm at peace - I've already made my mark.

I'm proud of the past - but ready to build what's next.

I'm unsure if my past efforts truly mattered.

I know I'm meant to create something more honest and lasting.


10. Imagine it's five years from now. Your life feels deeply fulfilling. What happened between now and then?

I stayed the course and deepened what already worked.

I made small, intentional changes toward alignment.

I took a few bold leaps and followed a new call.

I completely reinvented my path - and I've never felt more like myself.



Reflective Writing Prompts

Look back over your choices. Read them slowly.

Take a deep breath and give yourself a moment to reflect.

Then ask yourself: **What might I be trying to tell myself here?**

When you're ready, turn your attention to the next set of prompts - they're here to take you a little deeper.

11. What old story about your worth, your identity, or your limits is finally ready to be retired - even if part of you still clings to it?

(A quiet truth you've known, but maybe haven't said out loud yet.)

For reference take a special look at how you responded to questions 1 - 5

12. If fear, money, or judgment weren't in the way, what bold new direction would you explore starting today?

(Let your inner voice answer first. Don't edit.)

For reference take a special look at how you responded to questions 6 - 10

**"Writing is an exploration. You start from nothing and learn as you go."
- E.L. Doctorow**



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What's Next On Your Journey?

You already have the answers. Your writing just revealed it.

That subtle stirring you felt—it's your inner wisdom, signaling you're onto something bigger. When you slow down and listen, words become guides, illuminating paths you've been waiting to explore.

Ready to journey deeper into your inner knowing? Join me for "Access Your Genius", a transformative one-month course starting June 1:

- ✓ Clarify your direction and purpose
- ✓ Cultivate a meaningful daily writing practice
- ✓ Connect with a cohort of mindful explorers
- ✓ Deepen your intuition and unlock your innate wisdom
- ✓ Gain personalized insights in live weekly workshops guided by Marko

Your next chapter begins here. Write your way in.

[Click Here to Learn More
and Reserve Your Spot](#)

Other Ways to Keep Exploring:

Personal Reflection (from me, not a robot):

Want a little feedback? Send your completed checklist to me at marko@guiderly.com. I'll read it myself and send back a short, thoughtful reflection — plus three personalized suggestions to help you move forward. No AI, no formulas — just human-to-human support.

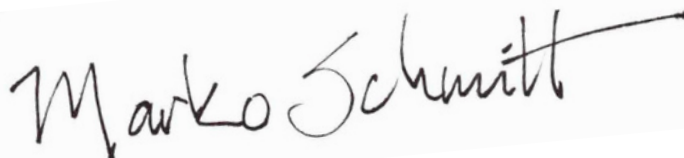
Free 5-Day Journalization Challenge:

If you're curious about starting a gentle daily writing practice, this is a great place to begin. It's free, simple, and designed to help you reconnect with your inner clarity.

[Click here to sign up](#)

Whatever you do next, remember:
The best place to start is where you are.
The time is now, your future awaits you

Your Writing Guide,



Contact: marko@guiderly.com
www.guiderly.com

