



# **A Journey Towards Deeper Discovery, Authenticity & Inner Transformation**

**Written by: Baseline Meditations**



Welcome Beautiful Soul,

This work book is an invitation to dive deeper into the depths of your own being and we are so excited that you are here.

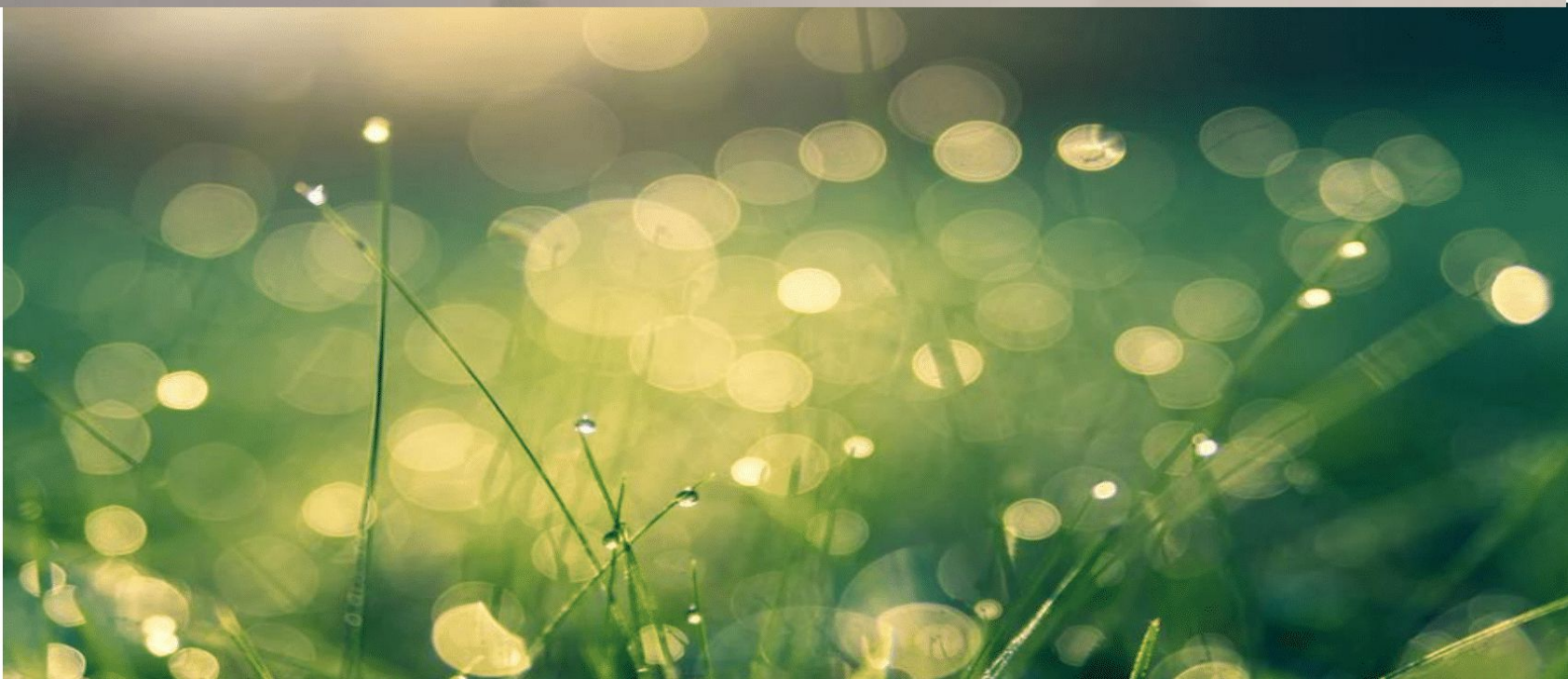
Inside, you will discover a list of questions (accompanied by inspiring daily affirmations) that are intended to help initiate a deeper discovery about yourself. Taking the time to answer these questions in detail and with presence can provide an opportunity for you to:

- Dive deeper into true authenticity
- Learn something new about yourself
- Dissipate negative patterns and cycles
- Inspire a journey of inner work and transformation
- Develop a deeper connection with your intuition and higher-self
- Spark motivation to take action steps towards a life in alignment with your deepest desires and core feelings


And so much more that is yet to be discovered!

We invite you to work through this book in a peaceful environment and at a pace that feels good to you. We suggest writing down your answers in a notebook so that you can come back to them and add other thoughts or realizations as this process unfolds. After each answer, the key is to ask yourself 'WHY'. Take the time to really meditate on that why. For example, let's say that the question was "where do I want to spend the majority of my time?" If my answer was nature, I would then ask myself "why nature?" What is it about nature that calls me in? How do I feel when I am spending time in the natural world? What emotions and sensations do I experience? It is within the meditation of the why, that the deepest discoveries will emerge.

With love,  
Baseline Meditations







*'Bliss is my birth right & natural state of being.  
I am deserving of happiness & love.'*

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*Q1. WHAT ARE FIVE QUALITIES THAT I LOVE THE MOST ABOUT MYSELF?*

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*Q2. HOW WOULD I BEST DESCRIBE MYSELF IN ONE SENTENCE?*

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*Q3. WHAT ARE SOME OF MY MOST DESIRED FEELINGS/EMOTIONS/SENSATIONS?*

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*Q4. WHAT CAN ANOTHER PERSON DO OR SAY TO MAKE ME FEEL APPRECIATED,  
VALUED AND HAPPY?*


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*Q5. WHAT WERE MY FASCINATIONS, INTERESTS & PASSIONS AS A CHILD? DO I  
STILL FEEL THE SAME WAY ABOUT THOSE THINGS TODAY?*

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*'I am committed to my soul's mission  
& surrender control to divine timing.'*

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*Q6. WHAT ARE SOME OF THE MOST MAGICAL, BEAUTIFUL AND EXCITING  
MOMENTS THAT I'VE EXPERIENCE IN THIS LIFE TIME?*

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*Q7. WHO ARE THE MOST IMPORTANT PEOPLE IN MY LIFE?*

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*Q2. WHAT MOVES MY SOUL AND GIVES ME A FEELING OF HAPPINESS AND  
PURPOSE?*

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*Q9. WHERE ON THIS EARTH, WHAT KIND OF EXTERNAL ENVIRONMENT DO I  
WANT TO SPEND THE MAJORITY OF MY TIME IN?*


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*Q10. WHAT DO I WANT TO SPEND MOST OF MY TIME DOING?*

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*'I am open & ready for what today will bring. Anything is possible & today I choose to focus on uplifting thoughts that make me feel good.*

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*Q11. WHAT DO I VALUE? WHAT ARE SOME THINGS THAT I WHOLE HEARTEDLY BELIEVE IN AND STAND FOR?*

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*Q12. DOES THE WAY THAT I LIVE MY LIFE, MY EVERY DAY ACTIONS AND THE WAY I SPEND THE MAJORITY OF MY ENERGY REFLECT THOSE VALUES? (from Q11)*

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*Q13. AM I LIVING IN MY TRUEST AUTHENTICITY?*

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*Q14. IS MY HAPPINESS BEING CREATED INSIDE OF ME OR OUTSIDE OF ME?*

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*Q15. ARE MY WORDS, ACTIONS AND DECISIONS INFLUENCED BY HOW I ANTICIPATE OTHERS MAY PERCEIVE ME?*

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*'I practice self-love everyday  
by listening to the whispers of my body & honoring my own needs & boundaries.'*

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**Q16. INTERNALLY AND WITHIN MY OWN THOUGHT PATTERNS, DO I FIND MYSELF LIVING PRIMARILY IN THE PAST, PRESENT OR FUTURE? WHAT KIND OF EFFECT DOES THIS HAVE ON MY PRESENT?**

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**Q17. DOES MY EXTERNAL ENVIRONMENT HAVE POSITIVE OR NEGATIVE EFFECTS ON MY INTERNAL ENVIRONMENT (emotional, mental, and physical well-being)?**

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**Q18. DO I HAVE ANY FEARS OR WORRIES THAT VISIT MY MIND DAILY?**

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**Q19. WHAT DOES SELF-CARE MEAN TO ME? DO I MAKE TIME FOR IT?**

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**Q20. AM I IN AWARENESS AND COMMUNICATION WITH MY HIGHER-SELF?**

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