



**STRIVE  
& GRIND**

# Self-Discovery Workbook

**FOR THE DREAMER, GO-GETTER, AND ACTION-TAKER**

THE COMPLETE GUIDE FOR  
**UNLEASHING YOUR PASSION,  
DEFINING YOUR LASER FOCUS GOALS,  
AND TAPPING INTO YOUR WILDEST DREAMS.**

FULLY-INTERACTIVE PDF VERSION FOR PRINTING AND  
FILLING OUT BY HAND OR FOR TYPING DIRECTLY INTO.

A Part of the **UNLEASH YOUR INNER GREATNESS TOOLKIT**

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## GUIDANCE:

This part of the **Unleash Your Inner Greatness Toolkit** is *essential*. You are the only one who can discover what really excites you, and fires you up. Use the below to help tap into your inner greatness. Go somewhere quiet, with no internet, and dedicate 2-3 hours to developing your answers. Allow your mind to run wild. Be 100% completely honest with yourself, listen to your heart, follow your instincts. Sometimes the challenge is asking the right questions. These questions will only be useful if you allow them to.

**IT'S TIME TO STRIVE & GRIND!**

***-Kevin & the Strive & Grind Team***

# STRIVE & GRIND SELF-DISCOVERY WORKBOOK



# PASSION

You must know what you are Striving & Grinding for... But, knowing is not enough, you have to feel truly connected and passionate about achieving your goal or reaching your desired outcome. Every single one of us has a purpose in life. Discovering your passion is the beginning to discovering your purpose!

## ***HOWEVER....***

Finding your passion or purpose is EASIER said than done. Unfortunately, many people go their whole lives without tapping into or unleashing it.

Very few people know exactly what they want to achieve in life... Lucky for them...

Most of us, have no idea, or maybe a slight idea, and if that's you, don't worry! Here's your guide.

## **Lets Discover YOUR Passion!**

Keep in mind, self discovery is just that; The Discovery of One's Self.



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## STEP 1: TAP INTO YOUR BIGGEST DREAMS

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This is your time to self reflect and Dream BIG. At Strive & Grind, we DREAM BIG before we take massive action. Think back to when you were a child and the sky was the limit. Don't let any limiting beliefs or thoughts block you from capturing what you really dream to do and/or be.

1. Who do you want to be?
2. What do you want to be known for?
3. If you won the lottery, and you were 100% financially stable, what is it that you would still wake up every day wanting to do?
4. Who do you look up to? Who inspires you? Why?

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## STEP 2: DEFINE YOUR GOALS

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Each goal must be specific. It's not enough to say "I want to make a lot of money" or "I want to be healthy." What is your definition of a lot of money? What does being healthy mean to you? A specific goal must have a quantifiable outcome. For example, "I want to make \$50,000 by March 1st" or "I want to gain 10 pounds of muscle in the next 6 weeks."

1. Write down everything you'd like to improve in your life that relates to your own **personal growth**. Spend 5 minutes writing down everything that comes to mind.
  - a. What do you want to achieve mentally, physically, emotionally? What do you want to learn?

1.

2.

3.

4.

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5.

6.

7.

8.

9.

10.

- a. Choose your top 2 personal goals that you'd like to achieve within the year, and explain **why** you want to achieve this goal! This is extremely important. It's all about **prioritization** and **focus**.

**TOP Goal #1:**

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Quantifiable Outcome:

Why?

**TOP Goal #2:**

Quantifiable Outcome:

Why ?

2. Write down everything you want to achieve in your **career, business, or financial life**. Spend 5 minutes writing down everything that came to mind.
  - a. What do you want your income to be? Your net worth?  
What are some goals for your business or career?

1.

2.

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3.

4.

5.

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- b. Choose your top 2 career, business, or financial goals that you'd like to achieve within the year, and explain **why** you want to achieve this goal! This is extremely important.

## TOP Goal #1:

Quantifiable Outcome:

Why?

## TOP Goal #2:

Quantifiable Outcome:

Why ?

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3. Write down everything you could ever want, have, do or experience in your life. Spend 5 minutes writing down everything that comes to mind.
  - a. Where would you like to travel? Want to attend certain events? What materialistic things would you love to have?

1.

2.

3.

4.

5.

6.

7.

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8.

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10.

b. Choose your top 2 goals that you'd like to achieve within the year, and explain **why** you want to achieve this goal! This is extremely important.

## TOP Goal #1:

Quantifiable Outcome:

Why?

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TOP Goal #2:

Quantifiable Outcome:

Why?

In the **Go-Getter Game Plan**, we'll put together an execution plan for reaching your goals.

## STEP 3: DISCOVER WHAT BRINGS YOU THE MOST JOY AND EXCITEMENT

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1. What activities bring you happiness?

2. What do you do in your free time?

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3. What could you do for hours a day, without getting paid a single dime?  
(It's not all about the money)

4. Is there something you like doing where the time passes by without you realizing it?

5. What are you ridiculously good at? What are your precious gifts?

6. What do you love helping people with? How do you most commonly help others?

7. When was the last time you couldn't sleep because you were so excited about what you had to work on? What was it?

8. What makes you TRULY happy?



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9. List all the things that you would not be able to live without?

## STEP 4: TAP INTO YOUR KNOWLEDGE OR EXPERTISE

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1. What subjects or topics do your friends and family trust your judgement?

2. Is it something that people always ask your opinion on? If so, what?

3. Is there a topic that people respect your knowledge/experience?

## STEP 5:

### IDENTIFY THE THINGS YOU ALWAYS WANTED TO TRY OR DO

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1. Think about your bucket list. What have you been putting on the back burner?

2. Is there something that you have thought “I wish I could do that?”

3. Is there something that you have made excuse after excuse to not try?

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## DREAM IT. BELIEVE IT. OWN IT.

The moment you discover yourself, will be the moment your life changes forever. Don't allow the media, your friends, parents, colleagues, or anyone else tell you who you are. Chances are, they don't even know who they are. It's up to you to figure it out. Clarity on your passion and purpose will add clarity to your life.

### HERE'S TO STRIVING & GRINDING!

All it takes is dreaming big, and taking massive action....

I'm here to help,



Founder, Strive & Grind

#### ***Please Share This!***

***Were these questions helpful? Do you know someone who could use help uncovering their passion, defining laser focus goals, and tapping into their wildest dreams? Please email this guide to two friends who need it.***

You guys are awesome!

Keep Striving & Grinding!