

SELF-DISCOVERY & IDENTITY

More Like Me

A playful preference-discovery guide for reconnecting with what you genuinely enjoy, how you like to live and the small choices that make everyday life feel more like your own.

Sometimes finding yourself begins with remembering what you actually like.

FREE KINDNOVA GUIDE | PRINTABLE + DIGITALLY FILLABLE

PERMISSION FIRST

You are allowed to have preferences.

You do not need a deep reason for every preference. You can like quiet mornings, bold clothes, simple food, busy weekends, slow weekends, being alone, being around people - or change your mind entirely. Preferences are small clues to identity.



> *A life that fits you is built from many small choices that actually feel like you.*

Finish these without overthinking:

I always feel better after...

I lose track of time when...

I secretly wish I did more...

I would choose this even if nobody saw it...

Something I have outgrown is...

QUICK DISCOVERY

More like me / Not really me

Use this page to notice your natural leanings. There are no "better" answers. The point is to hear your own response before you automatically adapt to someone else.

PACE	More like me:		Not really me:	
PEOPLE	More like me:		Not really me:	
SPACE	More like me:		Not really me:	
STYLE	More like me:		Not really me:	
WEEKENDS	More like me:		Not really me:	
CREATIVITY	More like me:		Not really me:	
REST	More like me:		Not really me:	
ADVENTURE	More like me:		Not really me:	



TRY, DON'T PROVE

Tiny identity experiments

You do not have to know exactly who you are before you act. Small experiments can help you discover what fits by experience instead of analysis.

- [ ] Choose the restaurant / activity this time
- [ ] Wear something because you like it
- [ ] Spend an hour alone without filling the silence
- [ ] Try a hobby you have been curious about
- [ ] Say "not for me" without over-explaining
- [ ] Make one decision without asking for reassurance
- [ ] Change one corner of your space to suit you
- [ ] Do something badly just because it is fun

One experiment I want to try this week:

YOUR PERSONAL PALETTE

What does "me" feel like?

Identity is not only a list of traits. It can also have an energy. Choose words that describe how you want your life to feel when it is more aligned with you.

SOFT

BOLD

SPACIOUS

PLAYFUL

GROUNDED

CREATIVE

PRIVATE

CURIOUS

SOCIAL

STEADY

ADVENTUROUS

SIMPLE

WARM

INDEPENDENT

CONNECTED

SLOW

EXPRESSIVE

PEACEFUL

My three words:

> *You do not need to look like yourself to anyone else. You need to feel recognisable to you.*

DESIGN FROM THE INSIDE OUT

A day that feels like me

Imagine an ordinary day - not a holiday or fantasy life. What small details would make it feel more like you?



MORNING

How would you like to start? What pace, sounds, food, people or space?

MIDDLE OF THE DAY

What helps you feel capable, interested or connected?

EVENING

What helps you come back to yourself?



WHEN YOU WANT TO GO DEEPER

You are allowed to choose a life that feels more like you.

Self-discovery can be serious, but it can also be curious, creative and surprisingly ordinary. Keep noticing the small choices that make you feel more present, more comfortable and more recognisable to yourself.

Finding Yourself Again

A 25-page guided Self-Discovery & Identity journal to help you explore your roles, values, preferences, needs, outside expectations and the version of you that is ready to grow.

EXPLORE THE FULL JOURNAL

kindnova.co.nz