



7 Self-Discovery Steps Back to Yourself

A Self Reflection Journey

When did you last feel truly yourself? The real you — curious, creative, alive? Life gets noisy. Expectations pile up. And somewhere along the way, you may realise that you have lost touch with who you really are. The real you — that creative, intuitive, resilient and inspirational you — might have faded into the background over time.

It's now time to reconnect and return to the real and inspired You.

The following seven reflection questions are a gentle starting point, drawn from over four decades of me guiding people on their journey of self-awareness, personal growth, and transformation. They are my gift to you.

BEFORE YOU BEGIN

There are no right or wrong answers — just your truth.

Treat this as a “getting to know you... again” journey.

Take your time. Create some space. Be honest and kind with yourself.

This may just be the beginning of a very transformative and inspiring connection with You.

I encourage you to enjoy the following reflection questions.

YOUR 7 SELF DISCOVERY REFLECTION QUESTIONS

Q1 YOUR ROOTS

When you were young, what did you love to imagine doing, being or having that made you feel excited and alive — or what did you dream of doing, being or having when you grew up?

Q2 RESILIENCE

Bring to mind one or two difficult or challenging experiences you have faced and come through. What do they reveal to you about your own resilience and character?

Q3 STRENGTHS

What do you genuinely like, appreciate or perhaps feel proud of about yourself — the way you treat others, or the personal qualities and strengths you see in yourself?

Q4 INSPIRATION

What is it that truly inspires, excites or energises you in your life at this time — and what does that tell you about what really matters to you?

Q5 FEARS & SELF-DOUBT

Most of us carry fears or self-doubts that hold us back in life. Which ones do you recognise in yourself — and how have they shaped the choices you have made?

Q6 FUTURE

If practical barriers such as time, money, or other people's opinions were no longer in the way — what would you love to be, do or experience in this one life you have?

Q7 SELF-AWARENESS

After reflecting on these questions and your responses, what do you now see, recognise or appreciate about yourself that perhaps you had previously not been aware of?

I would love to hear from you about any reflections, insights or questions you may have arising from your journey through these questions. Simply connect with me at andrew@andrewconsidine.com — and please be assured that anything you share will be held in complete confidence.

Well done.

You have just taken seven important steps towards discovering your inspiring self. Celebrate that.

As you move forward, new insights may keep emerging. When they do, return to your responses and add to them. Self-awareness grows with attention — the more you reflect, the more you will come to know your real and authentic self.

There is so much more to explore on this path. I would love to continue walking it with you.

Continue Your Journey

If you would like to go deeper with guidance, inspiration and support, I would be delighted to stay connected with you. As well as receiving my newsletters, Camino Gems, and videos to support your ongoing inner journey, you are warmly invited to book your free Camino Discovery Call.

If you feel drawn to exploring Camino guided coaching — or to walking a Camino with me — let's talk. This is a relaxed, non-committal conversation to explore what feels right for you, your journey, and your next step.

Your journey. Your next step.

BOOK YOUR FREE CAMINO DISCOVERY CALL

In Camino-speak, Buen Camino!

Wishing you a Good Way.

~ Andrew Considine

© 2026 Camino Real Coaching · Andrew Considine · All Rights Reserved