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A photograph of a person with long dark hair, wearing a red polka-dot shirt, sitting on a rocky shore and looking out at the ocean. The sun is setting, creating a warm, golden glow over the water and distant mountains.

## ‘Looking Deeper’

A self-reflective scribing exercise to raise  
your self-esteem

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# About “Looking Deeper”

You are truly incredible. Your essence radiates with vibrancy and serenity, embodying a uniqueness that transcends both your inner and outer self.

Engaging in **"Looking Deeper"** is a profoundly enriching self-reflective practice.

**Examine your personality, capabilities, interactions** with others, and your identity both internally and externally. Jot down aspects about yourself that you genuinely appreciate.

**"Looking Deeper"** is a self-paced writing exercise which will help you to delve deeper into self-discovery, fostering an elevation in your self-esteem and self-love.

Take your time as you write your response. You can document it in your journal or on the adjacent page designated for expressing your thoughts.

Explore the depths with **"Looking Deeper"** – **a self-reflective writing exercise designed to enhance your self-esteem.**

# Daily Prompt #1

Ready for your self-reflective scribing?

Here's Daily prompt #1

**I like who I am because** \_\_\_\_\_

Take your time to write about it. If you feel called to write a lot... like pages... go for it.

**Pour your heart out.**

Bring out the untouched, forgotten parts of yourself and your life that you loved.

Write about how you feel, and what you believe about yourself that makes you like yourself.

Writing is cathartic. Experience the flow.

You can also write your response on the following page provided.

**Look Deeper**

'I like who I am because...'



# Daily Prompt #2

Imagine you had limited time on earth and you could have **only 1 wish**, what would that be?

This is Daily prompt #2 in the deep self-reflective work on Looking Deeper towards building self-esteem and self-love.

**If I had a wish, it would be\_\_\_\_\_**

This wish is your heart's truest-truest desire. A desire that would give you the peace, pride, and happiness that you so yearn for.

This one wish is what you need right now, what you need to do right now – but guess what ! You have been avoiding working on it. Or maybe scared and pinned down by fear.

When you are pouring your heart out on this prompt, write about what is stopping you from getting this wish.

**Just go for it... this 1 wish.**

**Much love to you**

'If I had a wish, it would be...'





# Daily Prompt #3

**Life is full of chaos!  
Don't you agree?**

In the chaos, we lose many things – our time, memories, beliefs, sometimes our identity, hope and so much more.

One of the most important things we struggle with during those times of chaos and our daily dramas of life is our peace of mind.

In daily prompt #3, look deeper and write about what gives you peace. And not momentary peace. Soul deep peace.

For it's the clarity that brings us out of chaos.

**I am at peace when \_\_\_\_\_**

**Keep Writing**

'I am at peace when...'





# Daily Prompt #4

Holidays are phases in life that bring joy and excitement and give us something to look forward to.

(Yes – I would also acknowledge that sometimes the holiday could be stressful too, and bring back difficult memories.)

As you look deeper today, write about your favorite holiday. And go deeper into identifying why it was your favorite. Bring out the emotional states you experienced (happiness/joy/love/intimacy/excitement/curiosity, etc.)

Bring out the aspects of your personality that were visible (Adventurous/planner/listener/empath/leader/fun-lover/the clown, etc. )

When you go deeper reflecting and identifying, you connect with your core.

**So Look Deeper with daily prompt #4**

**My favorite holiday was** \_\_\_\_\_

**Because** \_\_\_\_\_

'My favorite holiday was \_\_\_\_\_  
Because \_\_\_\_'



# Daily Prompt #5

**What is your favorite memory?**

Do you have to think hard about the memory or it came up as soon as you read the prompt question?

This is the daily prompt #5.

**My favorite memory is \_\_\_\_\_**

When you write about your favorite memory, also write about what makes it your favorite.

Is it because of the people in it?

A situation?

An accomplishment?

A dream come true kinda moment?

In your favorite memory lie a lot of aspects of you.

If you lost touch with your deep self, let this memory bring that aspect back to the surface.

If not lost, just think of it as a sign and reminder of what you are at your core.

'My favorite memory is...'





# Daily Prompt #6

American psychologists Joseph Luft and Harry Ingham developed the model of Johari Window in 1955. This method helps in building self-awareness and personal development. Out of the 4 windows of the model, one of the windows is about a hidden area of ourselves that is known only to us and not others.

I have observed that at times, some of these areas become hidden from us too. It may be an unconscious action of stowing them deep inside because these areas – an important part of our personalities have become redundant or not appreciated, etc.

Daily prompt #6 of our Looking Deeper writing exercise is :

**Things no one knows about me \_\_\_\_\_**

Which of these things, when you share with others will make life and work beautiful for you?

When you take a step towards sharing your hidden self (to an extent shareable of course!), you never know what life will unfold for you.

**So bring the hidden parts out!**  
**Much love to you**

'Things no one knows about me...'





# Daily Prompt #7

The last prompt of the Looking Deeper self-reflective exercise.

## Daily prompt #7

**The biggest challenge I have ever overcome was\_\_\_\_\_**

We close the self-reflective exercise series by looking deeper into the aspects of our lives that were very challenging and we overcame that and worked through it.

As you write about this, notice what shifts in you. Which part of your personality and identity comes to the forefront?

In overcoming challenges, our lives are redefined. Our personalities realigned.

As you write about this, write about what helped you in the process – your strengths, the people, the resources around.

Today, I want to acknowledge you and would want YOU to acknowledge yourself for the journey, the showcase of strength, your patience, and the desire that kept you going.

'The biggest challenge I have ever  
overcome was...'



Hello there!

I'm Kiran Padhi, and I'm here to be your companion on the journey to emotional wellbeing and personal growth. As an Emotional Wellbeing and Executive Coach, my passion lies in helping individuals navigate the challenges life throws their way. Life can be tough, and I've been there. I've experienced the depths of hardship, and I understand the importance of a guiding hand during those challenging times. My mission is simple: to help you navigate through your 'Unique' Life and Career Challenges, to help you heal, rediscover your true self, and grow in ways you may not have thought possible.

### Our Journey Together

In the hustle of life's challenges – personal or work, we often lose sight of who we truly are. We question our self worth, take a hit on our self esteem, struggle to connect with the work, feel a sense of 'being lost in the crowd'. And yet, the desire to swim through these difficult waters persists. The desire to find purpose, confidence, peace, calm, growth, happiness and harmony.

Through deep work and compassionate coaching, I'll guide you to reconnect with that authentic self buried beneath the chaos. Together, we'll embark on a journey of emotional healing, regulation, and personal growth.

### Embracing Positive Change: Multifaceted Approach

Drawing from the rich tapestry of neuroscience, NLP, emotional intelligence positive intelligence, Law of Attraction, Hypnosis and mindfulness, the sessions are designed to be both profound and practical. These aren't just buzzwords; they're the building blocks of a transformative process that leads to real, lasting change.

As a coach, I am trained and certified in multiple areas. Some of these are –

- ICF – PCC level Trained Emotional Wellbeing and Executive Coach
- Licensed Emotional Intelligence Master Coach & Trainer ( IAPCCT – International Association of Professional Coaches, Counselors and Therapists)
- NLP Life Coach (ICF– ACSTH), Executive & Leadership Coach
- NLP Trainer & Master Practitioner (ABNLP)
- Law of Attraction & Mindfulness Coach
- Diploma in Hypnosis , Ericksonian Hypnosis Practitioner
- Mentored by Blair Singer – TTT, Master Facilitator, Diamond Level Certified Trainer & Facilitator with BSTA (Blair Singer Training Academy)
- Licensed Champion Level Goal setting Coach and Practitioner (BSTA)
- Licensed Little Voice Mastery Coach and Facilitator (BSTA)
- Unleash the Power Within – Tony Robbins

To book a free 30 minutes session, click on the below link:

[Clarity Call with Kiran](#)

# Lets stay connected!



My favorite quote, which I absolutely love is  
*"Version 1 is better than version nothing"*



If you want to share your responses to the 7 prompts, please write to me on [info@kiranpadhi.com](mailto:info@kiranpadhi.com).

*I would love to hear from you!*

If you enjoyed the "Looking Deeper" – a self-reflective scribing exercise to raise your self-esteem, and you know someone who could benefit from this free resource, please feel free to share this link: [www.kiranpadhi.com](http://www.kiranpadhi.com)