Self-Reflection

Name	Enter name	Mail	
Date			

Questions to Ask Yourself

These questions are designed to make you think. Answering these questions is a powerful method of self-discovery.

While there are probably hundreds of questions you could ask yourself, in terms of self-awareness, here are a few that stand out.

1. Self-awareness questions on values and life goals

1. What does your ideal "you" look like?
2. What kinds of dreams and goals do you have?
3. Why are these dreams or goals important?
4. What is keeping you from these dreams or goals
5. Rank 5-10 of the most important things in your life in your career, family, relationships and love, money, etc.
6. Now think about the proportion of time you dedicate to each of these things.
7. What would you recommend to your children to do or not to do?

2. Self-awareness questions on personality

8. Describe yourself in three words.
9. Ask yourself if your personality has changed since childhood.
10. Is your personality like either of your parents?
11. What qualities do you most admire in yourself?
12. What is your biggest weakness?
13. What is your biggest strength?
14. What things scare you?
15. Do you make decisions logically or intuitively?

16. How would you complete the question: “What if?”.

3. Self-awareness questions on relationships

17. Describe your ideal intimate relationship.
18. How satisfied are you in your current relationship?
19. Who would you call if you only had a few minutes to live? What would you say?
20. Who have you loved the most?
21. Of all the relationships you have had, describe the best moment.
22. Describe a devastating moment in terms of relationships.
23. Ask yourself if you treat yourself better than others?