

SELF-REFLECTION QUESTIONS TO UNDERSTAND YOURSELF BETTER

1. How would you describe yourself to a stranger?
2. What's your favorite thing about yourself?
3. What would you want to change about yourself?
4. List 5 things, that make you happy.
5. What makes you feel insecure?
6. What's something you could talk about for hours?
7. What habits do you want to adopt?
8. What habits do you want to break?
9. What are you good at?
10. What is your greatest accomplishment?
11. Do you wake up excited to start the day?
12. What would your ideal day look like?
13. Do you get your energy from being around other people or spending time alone?
14. What drains the most energy from you?
15. List 3 qualities you value in other people.
16. Who do you look up to?
17. Does your work make you feel satisfied?
18. How do you spend your free time?
19. If you didn't have to work for money, what would you do?
20. What makes you feel alive?
21. If you could go anywhere in the world where would you go?
22. What is your top priority in life right now?
23. What would you want to change about your life?
24. How do you see yourself in five years?
25. List 3 things you are grateful for.