

Self-Awareness Questions

DEVELOPING YOUR OWN UNIQUE IDENTITY

WHAT DOES YOUR IDEAL "YOU" LOOK LIKE?

WHAT KINDS OF DREAMS AND GOALS DO YOU HAVE?

WHY ARE THESE DREAMS OR GOALS IMPORTANT?

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WHAT IS KEEPING YOU FROM THESE DREAMS OR GOALS?

RANK 5-10 OF THE MOST IMPORTANT THINGS IN YOUR LIFE IN YOUR CAREER, FAMILY, RELATIONSHIPS AND LOVE, MONEY, ETC.

NOW THINK ABOUT THE PROPORTION OF TIME YOU DEDICATE TO EACH OF THESE THINGS.

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DESCRIBE YOURSELF IN THREE WORDS.

ASK YOURSELF IF YOUR PERSONALITY HAS CHANGED SINCE
CHILDHOOD.

IS YOUR PERSONALITY LIKE EITHER OF YOUR PARENTS?

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WHAT QUALITIES DO YOU MOST ADMIRE IN YOURSELF?

WHAT IS YOUR BIGGEST WEAKNESS?

WHAT IS YOUR BIGGEST STRENGTH?

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WHAT THINGS SCARE YOU?

DO YOU MAKE DECISIONS LOGICALLY OR INTUITIVELY?

HOW WOULD YOU COMPLETE THE QUESTION: "WHAT IF?".

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DESCRIBE YOUR IDEAL INTIMATE RELATIONSHIP.

HOW SATISFIED ARE YOU IN YOUR CURRENT RELATIONSHIP?

WHO WOULD YOU CALL IF YOU ONLY HAD A FEW MINUTES TO LIVE?
WHAT WOULD YOU SAY?

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WHO HAVE YOU LOVED THE MOST?

OF ALL THE RELATIONSHIPS YOU HAVE HAD, DESCRIBE THE BEST
MOMENT.

DESCRIBE A DEVASTATING MOMENT IN TERMS OF RELATIONSHIPS.

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ASK YOURSELF IF YOU TREAT YOURSELF BETTER THAN OTHERS?