



Self Discovery Questions

Developing awareness is the first step to improving or making changes. Discover your conditioning, values, behavior, and thought patterns by using these questions to dig deep and discover who you are today and who you want to become.

You can print this out or simply answer the questions directly in your journal.

1. What are my most important values and how am I living in ways that are not aligned with my values?
2. What matters to me most right now?
3. What limiting self beliefs are holding me back?
4. What am I afraid of?
5. What does success mean to me?
6. Do I treat myself well?
7. What do I judge others on? Why?
8. What is something I do that I'm not proud of?
9. Which is worse – failure or never trying?
10. What are my goals?
11. What characteristics have I inherited from my parents? Which ones do I like and which ones do I not like?
12. How do I feel about my last mistake and what did I learn from it?
13. Do I wait for others to solve my problems? Why is that?
14. What would make my life more meaningful?
15. What do I want to leave behind? What do I want people to remember me for?
16. If I didn't care about other people's opinions, what would I do differently?
17. What is this one thing I really wanted to do but haven't done yet? What is holding me back?
18. What boundaries do I have to set with people?
19. If I could teach one thing, what would it be?
20. Do I need to distance myself from certain people? Who? Why?
21. How do I feel about my relationship with my body? What do I need to improve and/or accept?
22. When do I feel like myself the most?
23. What aspects of myself do I need to work on?
24. When do I feel the most loved?
25. What impact do I want to create in the world?
26. What's one thing I enjoy doing that makes me lose track of time?
27. What am I grateful for at this moment? List 10 things. Be detailed.
28. What is one habit I can incorporate daily that would make my life better?
29. What problems do I have in the present moment? Are they in my control?
30. What's the most important lesson I learned from a past relationship?

