

SELF-EXPLORATION QUESTIONS

1. What 5 words describe you best?
2. What do you enjoy doing?
3. What are your hobbies?
4. What types of activities do you participate in?
5. What are your five most memorable accomplishments? What made them memorable?
6. What do you dream about?
7. What would you do if you knew you could not fail?
8. What does your ideal life look like?
9. Who are the three people you most admire? Why?
10. Which of those characteristics do you see in you?
11. What are five things you love about yourself? Why?
12. If you could change one thing in your life, what would that be?
13. If you could work on a talent, gift or ability that you have that you've never developed but would like to, what would that be?
14. If you had a superpower, what would that be?
15. If you could travel anywhere in the world, where would you go?
16. What are you grateful for in your life?
17. What is the one thing in your life you would like to change? Why?

18. What has changed in your life during the last 5 years?
19. How do you see yourself in 5 years from now?
20. How would a friend describe you?
21. How would your parents describe you?
22. How would you like to be known for?
23. What's your biggest strength?
24. What or who makes you happy?
25. What or who makes you upset?
26. What are you afraid of?
27. What can you increase your happiness?
28. What can't you live without?
29. What do you believe in?
30. What are you inspired by?
31. What life goals are you working on this year?
32. What would you do if you had 5 months to live? 5 weeks? 5 days? 5 hours?
33. What makes life worth living?
34. What have you learned about yourself with these questions?