

Self-Discovery Questions Pack

Eight questions about daily life, energy, relationships, and support. Start with one.

DAILY LIFE 1

What drains me even when I am good at it?

DAILY LIFE 2

What kind of play or rest restores me?

DAILY LIFE 3

Which environments help me think clearly?

DAILY LIFE 4

What small routine makes my day feel like my own?

RELATIONSHIPS 5

What kind of support helps me feel respected?

RELATIONSHIPS 6

What do I need after conflict?

RELATIONSHIPS 7

How do I know when I feel safe with someone?

RELATIONSHIPS 8

What would I like to be known for by the people closest to me?

Self-Discovery Questions Pack

Eight questions about interests, growth, identity, and values. Start with one.

GROWTH 9

What would I like to learn even if I might be bad at it at first?

GROWTH 10

What did I enjoy before I started worrying about whether I was good at it?

GROWTH 11

What have I changed my mind about in the last year?

GROWTH 12

What am I good at that I rarely give myself credit for?

VALUES 13

When do I feel most like myself?

VALUES 14

What do I want to spend more time on?

VALUES 15

What does a meaningful day look like to me?

VALUES 16

What do I want my work or effort to contribute?

Copy one question here and write as much as you want.

What I Have Learned About Myself

Use this page after you have answered at least three questions. Copy over the points you want to keep.

What gives me energy

What helps me feel safe and connected

What I want to protect time for

What I want to explore next
