



10 Questions For Self-Awareness

1. Think of your life so far. What event(s) changed your life? Describe the before and after.
2. What's your proudest moment? Describe in detail.
3. What are the 10 things (the must-do's) you want to achieve in your life? How do you plan on doing it?
4. How would you describe the future you? 5 years or 10 years in the future? Is there anything you would like to change or stay the same?
5. How would you describe your perfect day? It does not have to be 100 % realistic.
6. Think of a time you gave away something you really love. How did you feel at the time?
7. What five things do you want to accomplish in the next four weeks?
8. How do you want this year to be different from last year?
9. What do you do to stay healthy? List 5 things.
10. What success looks like to you? How do you know when you are successful?

