

SELF-AWARENESS

ASSESSMENT

SELF-AWARENESS IS AN ONGOING PROCESS, AND THESE QUESTIONS CAN SERVE AS A STARTING POINT FOR SELF-REFLECTION, GAINING DEEPER INSIGHT, AND PERSONAL GROWTH.

WHAT EMOTIONS DO YOU FREQUENTLY EXPERIENCE?	
HOW DO YOU TYPICALLY REACT WHEN YOU'RE ANGRY, SAD, OR ANXIOUS?	
ARE THERE SPECIFIC TRIGGERS THAT LEAD TO STRONG EMOTIONAL REACTIONS?	
WHAT ARE YOUR STRENGTHS & WEAKNESSES?	
WHAT DO YOU LIKE AND DISLIKE ABOUT YOURSELF?	
WHAT ARE YOUR CORE VALUES IN LIFE?	
ARE YOUR ACTIONS ALIGNED WITH YOUR VALUES?	
WHAT ARE THE BELIEFS THAT ARE LIMITING YOUR PERSONAL GROWTH?	
HOW DO YOU INTERACT WITH OTHERS IN SOCIAL SITUATIONS?	
WHAT PAST EXPERIENCES HAVE SHAPED YOUR BELIEFS AND VALUES?	
WHAT FEEDBACK HAVE YOU RECEIVED FROM OTHERS ABOUT YOUR BEHAVIOR?	
ARE YOU AN ACTIVE LISTENER OR DO YOU TEND TO DOMINATE CONVERSATIONS?	

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HOW DO YOU COMMUNICATE YOUR FEELINGS TO OTHERS?	
HAVE YOU WRITTEN SHORT-TERM AND LONG-TERM GOALS FOR YOURSELF?	
IF YES, ARE YOU TAKING STEPS TO ACHIEVE THOSE GOALS?	
WHAT MOTIVATES YOU TO PURSUE THOSE GOALS?	
HOW DO YOU PRIORITIZE SELF-CARE IN YOUR LIFE?	
WHAT ACTIVITIES OR PRACTICES HELP YOU RELAX AND RECHARGE?	
WHAT AREAS OF YOUR WELL-BEING NEED MORE ATTENTION?	
HOW OFTEN DO YOU PRACTICE MINDFULNESS?	
DO YOU FIND IT CHALLENGING TO STAY FOCUSED ON THE PRESENT?	
ARE YOU AWARE OF YOUR THOUGHT PATTERNS & THEIR IMPACT ON YOUR WELL-BEING?	
ARE YOU OPEN TO FEEDBACK FROM OTHERS, EVEN IF IT'S CRITICAL?	
HOW DO YOU RESPOND TO CONSTRUCTIVE CRITICISM?	

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WHAT STEPS ARE YOU TAKING TO GROW AND IMPROVE AS A PERSON?	
WHAT GIVES YOUR LIFE PURPOSE AND MEANING?	
ARE YOU LIVING IN ALIGNMENT WITH YOUR SENSE OF PURPOSE?	
WHAT LEGACY DO YOU WANT TO LEAVE BEHIND?	
HOW OFTEN DO YOU FEEL STRESSED IN A TYPICAL WEEK?	
WHAT EMOTIONS DO YOU TYPICALLY EXPERIENCE WHEN YOU ARE STRESSED?	
HOW DO YOU COPE WITH THESE EMOTIONS?	
HOW DO YOU ADAPT TO CHANGE OR MAJOR LIFE TRANSITIONS?	
DO YOU FREQUENTLY PROCRASTINATE ON TASKS?	
ARE YOU EXPERIENCING SYMPTOMS ANXIETY OR DEPRESSION?	
HOW DO YOU TALK TO YOURSELF WHEN YOU MAKE MISTAKES OR FACE CHALLENGES?	
DO YOU OVERCOMMIT & SAY YES INSTEAD OF NO OFTEN?	