

# Self-Discovery Quiz

This quiz is designed to help women who are on a self-discovery journey examine and rate their strengths, weaknesses, and opportunities for personal growth.

**Each question can be answered on a scale of 1 to 5, where 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, and 5 = Strongly Agree.**

## **\*\*Your Strengths\*\***

1. I often recognize and celebrate my achievements, no matter how small.
2. I am comfortable expressing my thoughts and feelings in conversations.
3. I have a clear understanding of my core values and beliefs.
4. I am open to trying new experiences and stepping out of my comfort zone.
5. I can identify my unique skills and talents with ease.

## **\*\*Your Weaknesses\*\***

6. I find it difficult to say no to others, even when I need to prioritize myself.
7. I often postpone tasks or goals, leading to feelings of guilt or stress.
8. I struggle with accepting constructive criticism from others.
9. I have a hard time forgiving myself for past mistakes or failures.
10. I frequently compare myself to others, leading to feelings of inadequacy.

## **\*\*Your Personal Growth\*\***

11. I seek feedback from friends or family to understand how I can improve.
12. I set aside time for self-reflection on a regular basis.
13. I actively engage in activities that promote my mental and emotional well-being.
14. I have established clear goals for my personal and professional life.
15. I feel comfortable asking for help when I need it.

### **\*\*Your Self-Awareness\*\***

- 16. I can easily identify my emotions in various situations.
- 17. I am aware of my strengths and use them in my daily life.
- 18. I regularly reflect on my experiences and what I can learn from them.
- 19. I understand how my past experiences shape my current behavior and decisions.
- 20. I can pinpoint specific areas where I would like to grow or improve.

### **Scoring and Reflection**

Total Score: Add up your scores for all 20 statements to get a total score.

#### **Interpretation:**

80-100: High self-awareness and confidence; you have a strong foundation for self-discovery.

60-79: Moderate self-awareness; there are some areas for growth that you can focus on.

40-59: Low self-awareness; it may be beneficial to explore your feelings and experiences more deeply.

20-39: Very low self-awareness; consider seeking support through coaching or therapy to aid in your self-discovery journey.

### **Next Steps**

Reflect on your answers to identify areas for improvement and focus on strategies that will help you grow in those areas. Engaging with mentors, life coaches, or self-help resources can provide great support as you embark on this journey of self-discovery.