

# 15 SELF-DISCOVERY QUESTIONS

How well do you know yourself? Probably not as well as you think.

**One of the best ways to learn about something is to ask questions.** This method is especially convenient in this situation, because you don't have to go looking for an expert to answer your questions. You can answer them for yourself.

Why would you want to know more about yourself? There are many benefits, including greater satisfaction with your life! As they say, "The truth will set you free."

**Use these questions to learn more about yourself and live a more meaningful and happier life:**

1

## WHAT ARE THE MISTAKES I CONTINUE TO MAKE? WHY?

It's surprising how successful you can be without doing anything spectacular, provided you avoid repeating your mistakes.

## 2

### HOW DO I DISTRACT MYSELF?

Knowing how you distract yourself can make you more aware of when you're distracting yourself. You can also take steps to avoid your distractions if you identify them.

## 3

### WHAT ARE MY GOALS FOR THE NEXT MONTH?

When you know your goals, you can effectively plan your day and ensure that you're making progress.

## 4

### WHAT ARE MY GOALS FOR THE NEXT 10 YEARS?

To know your ten-year goal, you need to think about your life and what you want. To achieve a long-term goal, it's essential to mold your life around it.



5

## WHAT DO I LIKE ABOUT MY LIFE?

Answering this question makes you think about the good things in your life. It also makes you grateful and allows you to attract more of those good things.



6

## WHAT DO I DISLIKE ABOUT MY LIFE?

Knowing what you don't like puts you in a position to consider how to make your life better.



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## WHAT WOULD I DO IF I WEREN'T AFRAID?

You'll learn what it is you really want to do by asking yourself this question.

8

## WHAT ARE THE COMMON CHARACTERISTICS OF THE LAST THREE PEOPLE I DATED?

What is your type? Is that a good type or bad type for you? What do you want to look for in your next partner?

9

## WHAT WOULD I CHANGE ABOUT MY JOB?

What do you like and dislike about your job? What can you do to make your job better? Do you need to find a new position?

10

## WHEN I WAS A CHILD, WHAT DID I WANT TO DO WHEN I GREW UP?

Have you lost sight of what mattered to you when you were younger? Could your earliest plans still be relevant to your life now?

11

## WHAT ACTIVITY OR SUBJECT MAKES ME LOSE TRACK OF TIME WHILE I'M DOING IT?

These are the activities you love to do. If you could turn one of these activities into a career, you'd probably enjoy your life more.

12

## IF I GAVE MYSELF ADVICE, WHAT WOULD IT BE?

Imagine someone just like yourself with the same life. What would you tell them to do? The real trick is getting yourself to follow this advice!

13

## WHAT HAVE I NEVER DONE, BUT WOULD LOVE TO TRY?

This is a great way to add a little spice to your life. You eventually regret not trying the things that interested you.

14

## WHAT CHARACTERISTICS DO I BELIEVE I LACK, BUT WOULD LOVE TO HAVE?

Whom do you admire and why? How would your life be different if you had these same characteristics?

15

## WHAT DO I WORRY ABOUT?

What are the sources of stress and concern in your life? What does this say about your life and yourself? What can you do to reduce the anxiety in your life?

The more you know about yourself, the better you are able to manage yourself. **Discovering more about yourself also clarifies how you can bring greater joy and fulfillment into your life.**

If you haven't made an effort to study yourself, you don't know as much about yourself as you could. Getting to know yourself better can pay big dividends!