

## Personal Assessment Self-Reflective Question Prompts

1) *Who are you?* Reflect on your personal identity. How do you describe yourself? What are your strengths? What are your favorite personality traits?

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2) *What do you want?* Reflect on what you want to do in life and what you want out of life. What are your hopes, dreams, and aspirations? What are your passions and interests?

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3) *Why are you here?* Reflect on what you think your purpose is in this life. Why do you do what you do? Do you wish to change that view of your purpose? How could you go about doing that?

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4) *Where are you going?* Reflect on where you want to be in life and in your goals. What direction are you headed? Is it a healthy direction for you? What can you do to get closer to the place you want to be?

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5) *Do you have anything worth living for?* What are the things in your life that make it a rich and vibrant experience?

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For more info:

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