

Self-Discovery Reflection Questions

Name _____ Date _____

This is a self-discovery questionnaire. You will be answering questions about yourself. Answer each question in complete sentences.

1. What makes you happy?
2. What makes you sad?
3. What is the best thing that ever happened to you?
4. What is the worst thing that ever happened to you?
5. What one thing did you accomplish that you are most proud of?
6. What is your biggest regret?
7. What do you enjoy most?
8. What is one thing you would like to change in your life?
9. Whom do you admire most?
10. What is the most important thing you have learned in school?

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11. What five words would you use to describe yourself to another person?

12. What would you like to be doing five years from now?

13. What is your goal in life?

14. What obstacle could stand in the way of reaching your goal?

15. How could you overcome that obstacle that stands in your way?

16. What does success mean to you?

17. What bothers you most in life?

18. What brings you the most joy in life?

19. What do you do well?

20. Who are you?