

30 QUESTIONS FOR SELF DISCOVERY

- 1 HOW DO I FEEL AT THE MOMENT?
- 2 WHAT DO I NEED MORE OF IN MY LIFE?
- 3 WHAT WOULD MAKE ME HAPPY RIGHT NOW?
- 4 WHAT IS GOING RIGHT IN MY LIFE?
- 5 WHAT AM I GRATEFUL FOR? LIST AT LEAST 10 THINGS.
- 6 WHEN DID I EXPERIENCE JOY THIS WEEK?
- 7 LIST ALL MY SMALL VICTORIES AND SUCCESSES
- 8 WHAT'S BOTHERING ME? WHY?
- 9 WHAT ARE MY PRIORITIES AT THE MOMENT?
- 10 WHAT DO I LOVE ABOUT MYSELF?
- 11 WHO MEANS THE WORLD TO ME AND WHY?
- 12 IF I COULD SHARE ONE MESSAGE WITH THE WORLD, WHAT WOULD IT BE?
- 13 WHAT ADVICE WOULD I GIVE TO MY YOUNGER SELF? (DO I FOLLOW THIS ADVICE NOW?)
- 14 WHAT LESSON DID I LEARN THIS WEEK?
- 15 IF I HAD ALL THE TIME IN THE WORLD, WHAT WOULD I WANT TO DO FIRST?
- 16 WHAT'S DRAINING MY ENERGY? HOW CAN I REDUCE OR CUT IT OUT?
- 17 WHAT DOES MY IDEAL MORNING LOOK LIKE?
- 18 WHAT DOES MY IDEAL DAY LOOK LIKE?
- 19 WHAT MAKES ME COME ALIVE? WHEN WAS THE LAST TIME I FELT TRULY ALIVE?
- 20 WHAT/WHO INSPIRES ME THE MOST? WHY AM I DRAWN TO THOSE INSPIRATIONS?
- 21 WHERE DOES MY PAIN ORIGINATE? WHAT WOULD NEED TO HAPPEN FOR ME TO HEAL?
- 22 WHAT ARE MY STRENGTHS? WHAT AM I REALLY GOOD AT?
- 23 WHAT IS SOMETHING I'VE ALWAYS WANTED TO DO BUT WAS TOO SCARED?
- 24 WHAT IS SOMETHING I WOULD LOVE TO LEARN?
- 25 WHAT HOBBIES WOULD I LIKE TO TRY?
- 26 WHERE WOULD I WANT TO LIVE IN MY IDEAL LIFE?
- 27 WHERE WOULD I LIKE TO TRAVEL IN THE NEXT 5 YEARS?
- 28 WHAT CAN I DO TO TAKE BETTER CARE OF MYSELF?
- 29 WHEN HAVE I DONE SOMETHING THAT I THOUGHT I COULDN'T DO?
- 30 AT THE END OF MY LIFE, WHAT DO I WANT MY LEGACY TO BE?