

17 Self-awareness Questions that will transform how you perceive reality

1. If the doctors told me that I have only 6 months to live, how would I change the way I live my life?
2. What exciting challenge would I like to pursue if there was no risk of failure or embarrassment?
3. What is your definition of success?
4. What frustrates me about myself?
5. What type of person do I want to become?
6. How do I feel when I get a compliment?
7. What am I truly afraid of?
8. How do I deal with stressful situations?

9. If I could give advice to my 18 year old self, what would I say?

10. Is there something I used to believe in that turned out not to be the case?

11. What would I like to be remembered for?

12. What are some of the things that make me happy?

13. What are some of the things that make me unhappy or frustrate me?

14. What activities do I engage in to escape reality?

15. What were the biggest turning points of my life?

16. Do I always say what is really on my mind?

17. How often do I help others and how often do I ask for help?

Also try the “Myers Briggs” test”

Have a blast,
Jimmy :)