

Activity – Self-Awareness Survey

This activity invites you to explore and live several questions. Your responses should open up more self-awareness of what is important to you in your life. After you answer all the questions below, please print a copy of your completed survey for your reference.

1. Are you getting what you want out of life? Why or why not?
2. When was the last time you had some fun?
3. What gives you the greatest sense of joy, aliveness, motivation or excitement?
4. How are you growing personally and professionally?
5. What are you tolerating?
6. Have your caregiving responsibilities become your life? Are you concerned that these responsibilities may become your life in the future?
7. If you felt free, had no fear and no guilt, what would you love to create or do?
8. Where do you get your energy?
9. As a child, what did you most often dream of doing or becoming when you grew up? What happened to these dreams and ideas?
10. What area in your life would you like to see change?