

Self Discovery Questions

This page is filled with questions. The questions are divided into the following categories: Social, Emotional, Financial, Career, and Personal. They're worded in a way to help you get a clearer picture of who you are. Clarity is the goal here, but remember, have fun with the questions. This isn't intended to be a struggle!

Why am I doing this? Awareness is the first step in the creation process. As you grow in self awareness you will better understand why you feel what you feel and why you behave as you behave. That understanding then gives you the opportunity and freedom to change those things you'd like to change about yourself and create the life you want. Without knowing who you are, self acceptance and change become impossible.

Be As Specific As You Can General answers will only give you a general sense of who you are. The more specific your answers, the more impact they'll have on your life and you'll have a much clearer picture of yourself.

Questions, Not Judgments Don't ask yourself these questions with a judgmental tone. They're not accusations, or calls for you to defend yourself. They're questions to help you discover who you are. Be honest, gentle, and nonjudgmental. No one has to see your answers. This is between you and you, and no one else.

Letting It Flow If while answering the questions you come up with your own line of questioning, then definitely follow it. (You're the expert here.) Also, if you answer, "I don't know", to any of the questions, give yourself the freedom to take a wild guess. The guess will allow you to continue. You know more than you think you do!

Be Totally Honest Honesty leads to true awareness, but it requires courage. It's the courage to face what you fear or find difficult to accept about yourselves. When you summon the courage to take ownership of your actions, thoughts, and feelings, you will be able to face your fears and find the inaccurate beliefs that created them.

**"We make our world significant
by the courage of our questions,
and the depth of our answers."** - Carl Sagan

When answering the questions below, ask yourself "How do I really feel?" rather than "How SHOULD I feel?"

Becoming honest is an act of self renewal. What a sense of freedom you'll feel when you're able to admit to yourself... "I want this, or think this, or feel this because I'm afraid that... [fill in the blank]. This is the first step toward discovering hidden fears. What a wonderful place to know where you are! It's difficult to reach a destination, when you don't even know where you're starting. You need only to gather your courage and look for the beliefs you have about yourself and your world.

Social

What type of people do I enjoy spending time with?
(intelligent, open-minded, out-going, reflective, quiet, funny, a bit sad, optimists, readers, pessimists,)

Why do I enjoy those specific qualities in people?

Do I seek out people similar as I, or different from me? Why is that?

Do I have many friends as I just described? Why or why not?

How many close friends do I want based on the amount of time I have?

What would those close relationships look like? What would be the biggest aspects? (talking, shared activities, working on projects together, laughter, storytelling, playing games, etc.)

What are two of the most favorite things I enjoy doing with others?

Where have I met most of the friends I currently have?
(family, work, community, childhood, online, etc.)

What does where I met these friends tell me about myself?

Why am I still friends with those people?

What is the single biggest attitudinal change I'd like to make when with people? (be more myself, be more out-going, be more honest, initiate more conversations, be more comfortable, be more open, be funnier, interrupt less, initiate more activities, etc.)

Emotional

List three situations and/or times when you were the most happy in your life. Specific instances...What elements were present when I felt that way? How was I feeling about myself during those times?

What do I fear most in my life right now? Why? What would it mean if that happened?

When do I feel the most angry or frustrated? What is it about those situations that I feel that way?

What is my definition of love? (not a dictionary's)

What are my primary beliefs about love? (it's easy, scary, short-lived, feels good, not possible, difficult, etc.) Where/when did I acquire those beliefs? Do I still believe them? Why or why not?

Do I have much control over my emotions? Why or why not?

What emotions do I want to feel most of the time?

Financial

What beliefs did I “take on” from my parents in regards to money? (it’s difficult to get, it’s scarce, you should only have so much, it’s easy to make, having it /not having it says something about me, live for the moment, give it away, I’ll never have enough, it’s a secret, saving is important, etc)

What does money mean/represent to me?
(security, aliveness, freedom, love, peace of mind, etc)

Do I feel peaceful or anxiety in regards to money?
Why do I feel that way about it?

How much money do I feel I deserve to make a year? Why that amount?

What would it mean to me if I made more or less than that amount? Why do I believe that?

Career

What types of things did I enjoy doing as a child? (building things, drawing, sports, writing, solving puzzles, being with animals, my chemistry set, organizing games, talking, anything physical, playing house, cowboys and Indians, etc) Do I do anything today that has similar qualities to it?

If you are currently working, what about your work do you love? What do you dislike?

What do you see as your ideal job? Why?

What is my definition of success? (not the dictionary’s)

Personal

What skills have I acquired that I’m proud of?

What accomplishments am I proud of?

Beginning when I was a child, what are the 5 most significant events in my life? Why did I make them significant?

What are five of my greatest strengths?

If I was to receive an award, what would I want that award to be for? Why that?

If I was to pick out a general theme that showed up often while answering these questions, what would that theme be? What does it mean? How do I feel about that?