

26 Questions to Help You Know Yourself Better

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1. What are my strengths?
2. What are my short-term goals and long-term goals?
3. Who matters most to me?
4. What am I ashamed of?
5. What do I like to do for fun?
6. What new activities am I interested in or willing to try?
7. What am I worried about?
8. What are my values? What do I believe in?
9. If I could have one wish, it would be _____
10. Where do I feel safest?
11. What or who gives me comfort?
12. If I wasn't afraid, I would _____
13. What is my proudest accomplishment?
14. What is my biggest failure?
15. Am I a night owl or an early bird?
16. What do I like about my job? What do I dislike?
17. What does my inner critic tell me?
18. What do I do to show myself self-compassion and self-care?
19. Am I an introvert or an extrovert?
20. What am I passionate about?
21. What is my happiest memory?
22. What do my dreams tell me?
23. What is my favorite book? Movie? Band? Food? Color? Animal?
24. What am I grateful for?
25. When I'm feeling down I like to _____
26. I know I'm stressed when I _____

