

SELF-AWARENESS WORKSHEET

I've created **150+ questions** that are designed to help you create clarity around your **values, authenticity, health, life direction, and relationships**.

Make sure to write or type your answers on a separate piece of paper or document.

Also, check out the **FREE instructional video on my website** for help.

Values

Question: What are my core values and beliefs?

Question: What are five things I can do to be in alignment with my core values?

Question: What are five ways I betray my core values?

Question: Am I living in alignment with my personal integrity and ethics?

Question: Am I willing to make sacrifices or face challenges to uphold my values?

Question: How can I communicate my values effectively to others without imposing them on others?

Question: How can I integrate my values into my self-care practices and overall well-being?

Question: Am I willing to stand up for my values, even in the face of opposition or criticism?

Question: How can I create a harmonious balance between my personal values and the values of those around me?

Question: Am I holding myself accountable to live by my values, or am I compromising them for external validation or acceptance?

Values

Question: What values bring me a sense of fulfillment and purpose?

Question: What steps can I take to reinforce my values and ensure they are reflected in all areas of my life?

Question: How can I use my values as a compass to navigate challenges and make meaningful choices in my life?

Question: How do my values influence my career choices and the work that I engage in?

Question: What values do I want to instill in my personal relationships and create a strong foundation upon?

Question: What are the values I want to pass on to future generations and embody in my legacy?

Question: What are the experiences or moments in my life that have shaped and influenced my values?

Question: Are my actions and behaviors aligned with my personal values?

Let's move on
to authenticity.

Authenticity

Question: How would I define authenticity in my own words?

Question: Am I living authentically and aligned with my true self?

Question: What are my strengths and weaknesses?

Question: What are my biggest fears and insecurities?

Question: What fears or insecurities might be holding me back from fully embracing and expressing my authenticity?

Question: Do I feel comfortable showing vulnerability and expressing my true emotions?

Question: What are the areas of my life where I feel most authentic, and what contributes to that feeling?

Question: Am I making choices and decisions that align with my authentic desires and aspirations, or am I influenced by external pressures?

Question: Am I being honest and transparent with myself and others about my thoughts, feelings, and needs?

Question: What are the things or people that inspire and empower me to be more authentic?

Question: Do I compare myself to others and strive to meet their expectations, or do I stay true to my own unique path?

Question: What are the values and beliefs that are most important to me, and how can I honor and live by them authentically?

Question: How can I express my creativity and unique talents in a way that reflects my authentic self?

Authenticity

Question: What stories or narratives about myself do I need to let go of in order to embrace my authentic identity?

Question: How do I feel when I am being true to myself, and how can I cultivate that feeling more often?

Question: Am I allowing myself to be vulnerable and open with others, even if it feels uncomfortable at times?

Question: How can I celebrate and appreciate the uniqueness and individuality of others, fostering an environment that encourages authenticity?

Question: Am I being honest and authentic in the way I present myself on social media or online platforms?

Question: How can I integrate my authentic self into my daily routines and habits?

Question: What steps can I take to build self-confidence and trust in my own abilities and choices?

Question: Am I embracing growth and evolution while staying rooted in my authentic core?

Question: Am I surrounding myself with individuals who support and encourage my authentic self-expression?

Question: How can I cultivate self-acceptance and embrace all aspects of my authentic self, including my perceived flaws or imperfections?

Question: What are the activities or hobbies that make me lose track of time and bring me pure joy?

Question: What are my long-term goals and aspirations?

Question: Am I taking responsibility for my actions and the consequences they may have?

Authenticity

Question: How can I incorporate more creativity and self-expression into my life?

Question: What limiting beliefs do I hold about myself, and how can I challenge and overcome them?

Question: Am I effectively managing my time and prioritizing what truly matters to me?

Question: What are the negative habits or behaviors that I need to let go of to reach my full potential?

Question: What are the areas of my life where I need to set clearer boundaries?

Question: What inspires and motivates me, and how can I incorporate more of it into my life?

Question: What are the unresolved traumas or past experiences that may be influencing my present behavior?

Question: Am I making decisions based on what I truly want, or am I influenced by societal expectations?

Question: How do I handle situations when my authenticity may clash with societal expectations or norms?

Let's move on
to health.

Health

Question: On a scale from 1-10, how much do I value health?

Question: Am I prioritizing my physical well-being and taking care of my body?

Question: What are my current health goals, and what steps can I take to achieve them?

Question: Am I getting enough quality sleep, and if not, what changes can I make to improve my sleep habits?

Question: What is my relationship with food, and am I nourishing my body with balanced and nutritious meals?

Question: Am I engaging in regular physical activity that aligns with my fitness goals and preferences?

Question: Am I engaging in activities that promote relaxation and self-care?

Question: What are the habits or addictions that I need to address for better health outcomes?

Question: How can I improve my posture and ergonomics to prevent physical discomfort and promote better overall health?

Question: Am I staying hydrated and consuming an adequate amount of water each day?

Question: What are the social and environmental factors that may impact my health, and how can I mitigate their effects?

Question: How can I cultivate a positive and resilient mindset to overcome health challenges and setbacks?

Question: Am I engaging in activities that promote flexibility, mobility, and strength training?

Health

Question: How can I cultivate a positive body image and develop a healthy relationship with my physical appearance?

Question: What preventive health screenings or check-ups should I prioritize based on my age and gender?

Question: Do I value my hygiene?

Question: How do I handle my stress and difficult emotions?

Question: Do I have a mindfulness meditation practice? Would it benefit my mental and emotional well-being?

Question: Do I have a yoga practice? How would that benefit my physical, mental, and emotional well-being?

Question: Do I stretch my body? Do I care about my flexibility?

Question: What are the recurring patterns or behaviors in my life that I need to address?

Question: Why do I run away or distract myself from these patterns or behaviors in my life?

Question: Am I actively working towards personal growth and self-improvement?

Question: What are five habits I can do to increase my self-awareness on a daily basis?

Question: How can I be more present and mindful in my daily life?

Question: What are the areas in which I need to develop better self-discipline and consistency?

Health

Question: How do I handle and express my emotions, and are there healthier ways to do so?

Question: Am I actively practicing self-care and nurturing my physical, mental, and emotional well-being?

Question: What are the ways I can cultivate a positive and empowering mindset?

Let's move
on to career, wealth,
and life direction.

Career, Wealth, and Life Direction

Question: How do I define success, and am I pursuing it in a way that aligns with my values?

Question: Am I satisfied with my current career path, or do I feel the need for a change?

Question: Why did I choose my current career/life direction?

Question: Am I seeking out new opportunities for growth and learning?

Question: What are the fears that are holding me back from pursuing my dreams, and how can I overcome them?

Question: How do I handle failure and setbacks, and what can I learn from them?

Question: How do I define and maintain healthy boundaries in my professional life?

Question: What are my natural talents and skills, and how can I leverage them in my career?

Question: What are my true passions and interests, and how can I align them with my career choices?

Question: What kind of work environment brings out the best in me and allows me to thrive?

Question: What are my long-term career goals, and what steps can I take to achieve them?

Question: What values and principles do I want my career to be based on, and am I living in alignment with them?

Question: What kind of impact do I want to make in the world through my work, and how can I contribute to it?

Career, Wealth, and Life Direction

Question: Am I open to exploring different paths and being adaptable as my life purpose and direction evolve?

Question: What steps can I take to create a vision for my ideal life and align my actions with that vision?

Question: How can I cultivate self-awareness and listen to my inner voice to discover my true life purpose?

Question: Am I willing to make changes or sacrifices to live a life that is aligned with my purpose and values?

Question: What are the small, actionable steps I can take right now to move closer to my desired life direction?

Question: How can I find balance between pursuing my own aspirations and contributing to the well-being of others and the world?

Question: How can I use my knowledge and expertise to mentor or support others in their personal or professional growth?

Question: What are the causes or social issues that I feel passionate about, and how can I contribute my efforts towards them?

Question: Am I willing to challenge the status quo and explore innovative solutions to societal problems?

Question: What are the ways I can inspire and empower others to realize their potential and make a difference?

Question: Am I open to collaborating with like-minded individuals or organizations to amplify the impact of my contributions?

Question: How can I leverage my skills and expertise to make a positive impact in my chosen field?

Question: Am I currently pursuing a career that aligns with my values and brings me fulfillment?

Career, Wealth, and Life Direction

Question: What topics or issues am I naturally drawn to and passionate about?

Question: When do I feel most alive, engaged, and in flow?

Question: What unique talents, skills, or qualities do I possess that can be utilized in a meaningful way?

Question: If I had all the resources and support I needed, what would I do to make a positive impact in the world?

Question: What are the challenges or problems in the world that I feel compelled to contribute to resolving?

Question: How can I combine my passions, interests, and skills to create a unique contribution in the world?

Question: If I could make a difference in the lives of others or in the world, what would that difference be?

Question: How can I leverage my personal experiences, both positive and negative, to help and inspire others?

Question: If failure were not a factor, what bold and audacious goals or dreams would I pursue?

Question: Am I willing to step out of my comfort zone and take risks to pursue a life aligned with my purpose?

Question: How can I contribute to creating a more just, equitable, and sustainable world?

Question: Who are the role models or inspirations that embody the kind of purposeful life I aspire to have, and what can I learn from them?

Question: Am I open to exploration, experimentation, and evolving my understanding of my life purpose as I continue on my journey?

Career, Wealth, and Life Direction

Question: What are the areas of professional development or additional skills I need to acquire to advance in my career?

Question: How do my values influence my financial decisions and how I choose to spend or invest money?

Question: Am I willing to take calculated risks and step out of my comfort zone to pursue career growth and fulfillment?

Question: What role does work-life balance play in my overall happiness and well-being?

Question: How can I leverage networking and build meaningful connections to enhance my career opportunities?

Let's move
on to relationships.

Relationships

Question: How do I typically respond to conflict?

Question: How do I handle conflicts, and are there more effective communication strategies I can adopt?

Question: How do I impact the people around me, both positively and negatively?

Question: Why do I attract the partners I typically attract?

Question: Am I truly listening to others, or am I simply waiting for my turn to speak?

Question: What are the recurring patterns in my relationships, and how can I improve them?

Question: What are the values and qualities I want to embody in my interactions with others?

Question: What steps can I take to improve my communication skills and deepen my connections with others?

Question: Am I surrounding myself with people who support and uplift me on my personal growth journey?

Question: Am I open to receiving feedback and constructive criticism, and do I actively seek it out?

Question: Do I have any people pleasing tendencies?

Question: Do I let people cross my boundaries?

Question: Am I actively nurturing and investing in my current relationships?

Relationships

Question: What kind of qualities and values am I looking for in a partner or significant other?

Question: What are my communication strengths and areas for improvement in my relationships?

Question: Am I effectively expressing my needs and boundaries in my relationships?

Question: What role does trust play in my relationships, and how can I build and maintain it?

Question: Am I actively practicing empathy and understanding in my interactions with others?

Question: How do I show love and appreciation to the important people in my life?

Question: Am I taking responsibility for my actions and their impact on my relationships?

Question: What are the ways I can support and encourage the growth and development of my loved ones?

Question: How can I maintain a healthy balance between independence and interdependence in my relationships?

Question: Am I setting realistic expectations for my relationships, or do I have unattainable ideals?

Question: Am I forgiving and letting go of past grievances in my relationships, or am I holding onto resentment?

Question: How can I prioritize quality time and create meaningful experiences with my loved ones?

Question: Am I fostering a supportive and nurturing environment for growth and personal development in my relationships?

Relationships

Question: What are the ways I can show empathy and understanding towards the needs and perspectives of others?

Question: What actions can I take to deepen and strengthen the bonds within my family relationships?

Question: Am I practicing gratitude and expressing appreciation for the people in my life?

Question: How do my values impact my relationships with others, and am I attracting people who share similar values?