

# *Self-Discovery Questions*

1. What 5 words describe me the best?
2. What is the purpose of my life?
3. What are 3 of my most cherished values?
4. What brings me the most joy in my daily life?
5. What are my biggest strengths?
6. What makes me feel empowered?
7. What is my biggest achievement in life so far?
8. What is my definition of success?
9. What do I love about myself?
10. What do I want to change about myself?
11. If I could time travel where would I go?
12. What do I need to let go to move forward?
13. What I am the proudest of?
14. What I am the most grateful for?
15. When is the last time I gave back to others?
16. What is my biggest fear?
17. What would I tell my 18-year old self?
18. What are my min distractions?
19. What motivates me to act on my goals?
20. What is my main source of inspiration?
21. What keeps me awake at night?
22. What is the biggest life lesson I've ever learned?
23. What is the best memory of my childhood?
24. What is my favourite comfort food?
25. What is my biggest guilty pleasure?