



SELF-REFLECTION QUESTIONS - PRESENT

1. **What 5 words describe you the best?**
2. **What brings you the most joy?**
3. **What are you the most grateful for and why?**
4. **What are your top priorities in life right now?**
5. **What are three of your most cherished values?**
6. **What makes you feel empowered and why?**
7. **What would you tell to your 18-year-old self?**
8. **Who is your role model and why?**
9. **What do you love about yourself?**
10. **What other people always ask you to help with?**
11. **Do you think of yourself as a hero? (because you are)**
12. **What is your superpower?**
13. **If you could share one message with the world what would it be?**
14. **What keeps you awake at night?**
15. **What do you need to let go to move forward?**

