



SELF-REFLECTION QUESTIONS - PAST

1. What's the hardest thing you've ever been through?
 - How did you find the strength to get through this experience?
 - What character traits helped you to get through this experience?
2. What was the problem you had to solve for yourself?
 - How did you solve this problem (method, strategy)?
 - How solving this problem improved the quality of your life?
 - How did you feel after solving this problem?
 - What did you learn from this experience?
3. What was the most painful thing you had to come through?
 - How did you find the strength to overcome this painful experience?
 - How this painful experience change the way you think?
 - What did you learn from this experience?
4. What were the greatest lessons you've learned?
 - Was it a pleasurable or sad experience?
 - Do you use the knowledge you have gained regularly?
5. What makes you different or unique?
 - How this trait helps you in your daily life?
6. What is your biggest achievement in life so far?
 - How long did you work to accomplish that goal?
 - How thinking about this achievement makes you feel?
 - Did you celebrate it?
7. What was the biggest fear you've overcome?
 - How did you find the strength to face this fear?
 - How overcoming this fear made you feel about yourself?
 - What did you learn from that experience?
8. What was your greatest weakness?
 - How did you overcome this weakness (strategy, method)?
 - Do you still perceive this trait as a weakness?
 - Did you turn this weakness into a strength?
9. When is the last time I gave back to others?
 - What did you do?
 - How the thing that did improve the lives of others?
 - When you think about it do you feel proud of yourself?
10. What was I doing a year ago?
 - Did you change as a person?
 - Did something change in your professional life?
 - Did you change the way you look at things?

