

Additional Self-Reflection Questions

Below is a list of additional self-reflection questions that you can print out and come back to regularly.

What am I most proud of in my life right now?

What are the three things I am most grateful for today?

What are the main sources of stress in my life at this moment?

How do I feel about my current job or career?

What activities bring me the most joy?

How satisfied am I with my physical health and well-being?

What are my current financial habits and how do they affect me?

How do I typically spend my free time?

Is this how I want to be spending it?

What relationships in my life are the most fulfilling?

What relationships in my life are the most challenging?

What are my biggest accomplishments over the past year?

How do I usually handle difficult emotions or situations?

What is one thing I've learned about myself recently?

How do I contribute to my community? (Is this important to me?)

How often do I feel truly at peace?

What habits or routines do I rely on daily?

What values are most important to me?

How aligned is my current lifestyle with my personal values?

What do I like most about myself?

What do I like least about myself?

What are my spiritual or religious beliefs, and how do they influence my life?

How do I express creativity in my life?

What fears or anxieties do I have at this moment?

How do I define success for myself?

What are my main sources of motivation?

How do I typically make decisions?

What are my strongest personal qualities?

What is one area of my life that I would like to improve?

How often do I step out of my comfort zone?

What is one thing I can do today to make a positive impact on my life?