

Get to Know You Worksheet

Name: _____ Date of birth: _____

Preferred name/nickname: _____ Pronouns: _____

Instructions: Use the prompts below to share more about yourself and reflect on your unique experiences, interests, and values. There are no right or wrong answers—this is simply an opportunity to express who you are in a way that feels comfortable and authentic.

Take your time as you go through the questions. You can write as much or as little as you'd like for each one. Feel free to skip any questions that don't resonate with you, or come back to them later.

I. Personal background

Where are you originally from? Where does it feel like home to you ?

Who are the most important people in your life, and why?

How do you think your family or cultural background shaped your perspective or values?

What's a favorite memory or tradition from your childhood?

II. Hobbies and interests

What activities make you lose track of time?

Do you enjoy being creative? If so, what's your favorite creative outlet (e.g., art, music, writing)?

Are there any sports or outdoor activities you're passionate about?

What's something new you've recently tried or want to try?

III. Life experiences

What's one accomplishment you're really proud of?

Have you ever had a life-changing experience? If so, what did you learn from it?

What's the best trip you've ever been on, and what made it special?

Have you ever overcome a challenge or fear? How did you do it?

IV. Personality and values

How would you describe yourself in three to five words?

What's one value or principle that guides your life?

How do you typically recharge after a long day or week?

What's one thing you admire most in other people?

Are you more of a planner or someone who goes with the flow? Why?

V. Fun and aspirations

If you could live in any time period or place, where would it be and why?

What's a fun fact about you that surprises most people?

If you could instantly master a skill, what would it be?

What's one big dream or goal you hope to achieve in your lifetime?

If you could have dinner with three people (living or historical), who would they be and why?

Additional notes

Use this space to write about anything you want to share that you didn't have space for earlier.