

Self-Reflection Questions

Name: _____

Personal Understanding:

1. What values are most important to me?

2. What are my strengths and weaknesses?

3. How do I respond to stress and challenges?

4. Am I living according to my values and beliefs?

Emotional Awareness:

1. What emotions do I struggle with most?

2. How do I respond when I feel these emotions?

3. What triggers these emotions?

4. How can I better manage these emotions?

Relationships:

1. How do I interact with others?

2. What patterns do I notice in my relationships?

3. How do I handle conflict in relationships?

4. How can I improve my relationships?

Goals and Aspirations:

1. What are my short-term and long-term goals?

2. What steps am I taking to achieve these goals?

3. What obstacles might prevent me from reaching these goals?

4. How can I overcome these obstacles?

Self-Care:

1. How do I take care of my physical health?

2. What activities help me relax and recharge?

3. How often do I engage in self-care activities?

4. How can I incorporate more self-care into my life?