

YOUR SELF-AWARENESS

Activity: You should ask yourself and give answer onto your own worksheet. It will take about 15-20 mins to know more about yourself.

To get the questions: <https://tinyurl.com/jerm82dy>



You should also interview 2-3 people who best know you and can give you a straightforward and honest answers. It will take about 2-3 hours for an interview but you will be surprised about what you will learn

20 SELF-AWARENESS

QUESTIONS

Instructions: You should ask yourself and interview 2-3 persons who best know you and can give you straightforward and honest answers. It will take about 2-3 hours per interview but you will be surprised about what you will learn about yourself.

1. What am I good at? What am I so-so at? What am I bad at?
2. Who are the most important people in my life? What is the most important thing in my life?
3. What makes me afraid?
4. What relaxes me? Who/ what makes me laugh? When is the last time I laugh a lot?
5. What makes me tired?
6. What's my definition of success?
7. What type of person do I want to be?
8. How do I want others to see me?
9. What makes me angry?
10. What makes me happy/ sad? When is the last time I am happy/ sad?

20 SELF-AWARENESS QUESTIONS

11. What do you think you could never, ever give up?
12. Do you feel inspired by someone or something?
13. When did you last feel disappointed?
14. Do you consider your childhood a happy one? Do you want to move to another city/ country?
15. Do you have any (or many) guilty pleasures?
16. What would your ideal career consist of?
17. Are you attracted to a specific type of person? If yes, pls describe.
18. What's the biggest risk you've taken?
19. Are you living your life for yourself? What would you like to be remembered for?
20. What period of your life did you like most? What was it about that you enjoyed so much?