



85 Self-
Discovery
Questions to
know yourself
on a deeper
level



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- What do I like? Why?
 - What do I dislike? Why?
 - What are my strengths?
 - What are my weaknesses?
 - If I had the means to decorate my home, how would I do it?
 - If I could pick anywhere in the world to live in where would it be?
 - What is it that gives me energy and motivation?
 - What depletes my energy?
 - What do I love so much that it makes me forget the time?
 - What are my favorite hobbies?
 - What are my passions?
 - What is my purpose in life?
 - If a genie granted me 3 wishes, what would they be?
 - What was my favorite thing to do as a kid?
 - What are the 3 things that are most important to me?
 - When life throws me a curveball, do I freeze or keep moving?
 - Am I a glass half full or half empty type of person? Why is this so?
 - What activity makes me feel like a child playing?
 - What makes me feel most alive?
 - What are 2 things that made me feel happy within the last 30 days?
 - On a scale of 1 to 10, where is my energy level?
 - What do I like to do to relax?
 - What was the last thing that made me feel unpleasant? How did I handle it?
 - Would I rather be busy doing something or sitting quietly in a corner doing something?
 - What makes me feel the most free?
 - What is the wildest thing I've ever done?
 - What is my biggest source of stress right now?
 - Would I rather be the best at something or the best version of myself?
 - What am I scared of and why is this so?
 - What are my 3 favorite things to do when I have free time?
 - When I'm on vacation, do I love relaxing and taking my time or do I love adventure and visiting new places?
 - Thinking of my negative experiences, what did I learn from them?
 - Does my background affect my decisions?
 - Am I an open book or do I like to keep things to myself?
 - What are my best qualities?
 - What are my worst qualities or traits?



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- What physical characteristics do I like best about myself?
 - What physical attributes don't I like about myself and how can I be more accepting of this?
 - When I do a good job, do I congratulate myself or do I think I could have done better?
 - When people compliment me, what do I say and how do I react?
 - Do I like my current job/work?
 - What is more important, my salary or job satisfaction?
 - Why am I working in my current job?
 - Why did I pick my major?
 - Am I constantly worried about money, no matter how much I make?
 - Which of the following statements resonates with me best?: "There's never enough money." or "Money is always available to me."
 - Do I love working alone or in a group?
 - When I am in a group of people, am I quiet, outspoken, or somewhere in the middle?
 - What is something that I always dreamed of doing and getting paid for it?
 - What is my working environment like?
 - What is it about my job that I love?
 - If I had only 5 minutes to grab my things, what would they be?
 - What makes me feel bored out of my mind?
 - If I could free up some time and outsource something, what would it be? Example: yardcleaning, wash & fold laundry, grocery shopping.
 - What describes me best?: "I love mornings!" or "Night time is the best time for me."
 - When you think about your family, who are you closest to and why?
 - What 3 things did I learn from my parents or caregivers? Do I practice them in my own life?
 - Think about the people in your life and pick 3 people. What qualities do you like about them?
 - Pick 3 people in your life and write down traits and/or characteristics that you dislike about them.
 - When I think about the people closest to me, is it a big or small group?
 - What do I have in common with my friends?
 - When I want to learn about something, do I search myself or ask someone for help?
 - Who are my closest friends & why?
 - Who are my casual friends & why?
 - What do other people always come to me for?
 - What do people always say about me?
 - What traits would I like in my significant other?
 - What do I like to talk about with my partner?
 - Why did I choose my significant other?
 - When I debate about something, do I like to win or do I let the other person win?



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- Do I like taking risks, like becoming an entrepreneur or opening up a new business?
 - Do I like stability and structure, like civil service or a professional career?
 - What do I stand for?
 - If I can change the world, what would I do?
 - What is my philosophy? Example: I'm always curious no matter where I go or who I meet.
 - What did I always dream of becoming?
 - If I had an extra half hour each day to study something, what would it be?
 - If someone gave me all the money I need right now, what would I do with the money?
 - When I think of a big project, do I get overwhelmed or excited?
 - What should children be taught in school?
 - In 5 years, I will be (fill in the blank).
 - What would I tell my 80 year old self? What would my 8 year old self tell me?
 - What are my biggest dreams?
 - How do I want to be remembered?
 - If I had the chance to invest in something, what would it be?