

## Authentic Self Worksheets

1. Do you have any regrets? Why or why not?

2. How do you recharge after a long day/week? Do you think it is healthy?

3. If you could accomplish one thing in your life what would it be?

4. If you could change 3 things about yourself, what would they be?

5. If you could change one thing about your life right now, what would it be and why?

6. If you had the power to change just one thing in the world, what would it be? Why?

7. If you were to do one thing for the rest of your life, what would it be?

8. What 5 things makes you, you?

9. What cause(s) do you feel passionate about and why?

10. What do you feel you need to let go of in your life?

11. What do you value most in life?

12. What do you want to accomplish this month?

13. What does “happiness” mean to you?

14. What does “success” mean to you?

15. What does “love” mean to you?

16. What gives life meaning?

17. What is the biggest lesson you’ve learned this year? In the last 5 years?

18. What is the difference between loving someone and being “in love” with someone?

19. What is your biggest insecurity? Why? Where do you think it stems from?

20. What is your love language? (Take the quiz: <https://www.5lovelanguages.com/quizzes/>)

21. What makes you feel anxious?

22. What qualities do you want in a partner?

23. What's your biggest fear? Why?

24. When do you feel the most in tune with yourself?

25. When is the last time you cried? Why?