

# Self-Reflection Worksheet

1. How do you like to spend alone time? What helps you recharge?

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2. If money was not a concern, what would you do today?

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3. What are some fears that are holding you back from doing what you love? Think of steps can you take to combat those fears.

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4. What are some things you wish could do more (or less) of? Why?

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5. What are you most grateful for right now and why?

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6. What makes you happiest?

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7. What motivates you most in life?

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8. When was the last time you felt down? Have you helped you cope?

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9. Where do you want to be in the next 5 years?

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10. Write about a hardship from your past and how it shaped you.

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11. How have you grown this year? What have you learned?

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12. How do you define success?

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13. What hobbies or interests do you want to pursue more?

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14. How are you feeling right now?

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15. What's causing you stress at the moment? How can you decrease it?

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16. When you are feeling down, what boosts your mood?

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17. How has a member of your family helped shape your personality?

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18. What is the best advice someone has ever given you? What impact did this have on your life?

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19. What does it mean to live an authentic life?

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20. Are you an introvert or an extrovert? How has it shaped your life?

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21. What is your favorite way to spend the weekend?

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22. What makes you feel calm?

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23. How does journaling help you?

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24. How do you define love?

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25. How have you grown in the past two years?

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