

What makes you, you?

Let's go on a self-discovery journey. Find some time to answer the following questions as honestly as you can. If you're unsure about an answer, think about why that may be and what steps you can take to uncover it.



What are my greatest strengths and weaknesses?		What values are most important to me? Why?
What do I regret, if anything? Why?	When do I feel most like me? Why?	
	What do I enjoy doing most, and how often do I do it?	
What would I stop doing if I gave myself permission to? Why?		What are my difficult emotional triggers? When do they happen? What could I do to help manage them?
What gives me energy or joy?	What am I afraid of? And what do I do, or could I do, to overcome those fears?	
When I think about other people, what do I struggle most to understand? Why?		
	What are my life goals? What am I currently doing to help myself achieve them?	
What is my inner voice saying most often? Is this helpful or unhelpful? Why?		What are important ways I am similar to and different from the people around me?
How would I describe myself to someone else?	How would I like to describe myself?	

Sources

Calm. How do I get to know myself better? 8 ways to find the true you.

Counselling Directory. 30 powerful questions to help you discover your true self.

Phoenix Rising Centers. 7 powerful self-discovery practices for better mental health.

PsychAlive. Finding yourself: A guide to finding your true self.



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