

# QUESTIONS FOR SELF-REFLECTION ABOUT MYSELF



**Your impulse sheet for personal growth.**

# *A warm welcome*

## **to 45 questions about myself**

### **What you can expect**

Self-reflection and personal development are crucial for a successful and fulfilling life. This impulse sheet invites you on a profound journey to yourself. With a collection of 45 carefully selected questions about yourself, we encourage you to engage with yourself, your innermost thoughts, beliefs and goals.

### **What self-reflection brings you**

Your own answers to the questions of self-reflection will bring you more clarity about thoughts that were previously unconscious. You will get to know yourself better and grow personally. The questions are designed to encourage you to reflect and introspect. You will learn to better understand yourself and your strengths and weaknesses, define your goals and dreams and overcome obstacles that have been holding you back from realizing your full potential.

I wish you much joy and success on your path to more self-knowledge and personal growth!

Warm greetings

*Your Tan*



**MY NAME:**

## **45 QUESTIONS ABOUT MYSELF**

**1. Who am I really?**

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**2. Who do I want to be?**

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**3. How do I describe myself in one sentence?**

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**4. Am I happy?**

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**5. If I were younger again, what would I do differently?**

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## QUESTIONS ABOUT MYSELF

**6. What would I like to change about myself?**

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**7. What makes me happy or when am I happy?**

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**8. What makes me unhappy? Why?**

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**9. What are my greatest strengths?**

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**10. What could others learn from me?**

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## QUESTIONS ABOUT MYSELF

**11. What are my biggest weaknesses?**

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**12. Who (or what) inspires me?**

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**13. What behavior is standing in my own way?**

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**14. Am I part of the solution or rather part of the problem?**

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**15. What makes me special?**

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## QUESTIONS ABOUT MYSELF

**16. What makes me laugh?**

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**17. What makes me cry?**

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**18. Do I love myself enough?**

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**19. What would I do if I knew I couldn't fail?**

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**20. What event in my life has shaped me?**

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## QUESTIONS ABOUT MYSELF

**21. Am I satisfied with my personality?**

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**22. Where do I compare myself with others?**

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**23. What am I grateful for?**

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**24. What dream do I want to realize?**

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**25. Am I satisfied with my appearance? Why?**

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## QUESTIONS ABOUT MYSELF

**26. How important is my health to me?**

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**27. What am I particularly proud of?**

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**28. Who do I lie to more often: others or myself?**

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**29. Who has the biggest influence (positive & negative) on me & why?**

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**30. Who can make me laugh - and with what?**

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## QUESTIONS ABOUT MYSELF

**31. What is the most important thing in my life & how much time do I invest in it?**

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**32. Am I listening to my mind or my heart?**

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**33. What am I afraid of?**

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**34. What have I learned the most from?**

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**35. What is my greatest wish?**

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## QUESTIONS ABOUT MYSELF

**36. What are my best habits?**

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**37. What are my worst habits?**

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**38. In which situations do I pretend?**

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**39. Which 5 people are the most important to me?**

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**40. What will I have said more than done in my life?**

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## QUESTIONS ABOUT MYSELF

**41. What activity makes me completely forget the time?**

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**42. What would my friends say about me?**

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**43. When was the last time I had such great feelings of happiness?**

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**44. What do I want most in life?**

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**45. What would I do if I only had a week to live?**

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**Congratulations, well done!**