

Self-Discovery Questions:

Week of: _____

PERSONAL



What are three of my most cherished values?



What is my purpose in life?

What is my personality type?

Did I make time for myself this week?

What scares me the most right now?

What is something that brings me joy?



When was the last time I gave back to others?

What's something I would like to do more of and why?



How important are my physical & mental health to me?

What things get in the way of my happiness?
