

Self-Discovery Prompts

What are you afraid of?

1

What would you do if you if you knew you could not fail?

2

Are you typically bold or risk averse?

3

What are some causes you believe in? (animal rights, gun laws, etc.)

4

What do you want to work on? (productivity, confidence, anger, etc.)

5

Are you decisive or do you struggle to make decisions?

6

What kind of life did you envision for yourself when you were younger?

7

Self-Discovery Prompts

Do you trust your gut/intuition?

8

Do you have any limiting beliefs?

9

What would you do if you had 6 months to live?

10

Do you have any regrets?

11

What regrets do you want to avoid having in the future?

12

What does your ideal life look like?

13

Whose advice/opinions do you value the most? (parents, spouse, peers, YouTube, etc)

14

Self-Discovery Prompts

What has been, in your opinion, your greatest accomplishment so far?

15

Your greatest failure?

16

What was the most difficult decision you've had to make?

17

Who or what inspires you?

18

Do you have any favorite quotes & what do they say about you?

19

How do you want to be perceived?

20

Do you frequently get overwhelmed? Why?

21

Self-Discovery Prompts

What is something people often misunderstand about you?

22

Do you think it's more important to follow the rules or do what you think is right?

23

Do you believe in your ability to accomplish your goals?

24

What kind of legacy do you want to leave?

25

What message do you have for your past & future self?

26

Do you believe everything happens for a reason?

27

Do you believe you have a purpose & if so, what is it?

28

Self-Discovery Prompts

What makes you happy?

29

What are you grateful for?

30

What's your favorite book/movie and what does that tell you about yourself?

31

Do you prefer to work alone or to collaborate?

32

Would you consider yourself an introvert or extrovert?

33

Do you like your job? Why/why not?

34

What are some pet peeves/qualities about others that bother you & why?

35

Self-Discovery Prompts

What are some things you admire about others & why?

36

Are you more of an optimist or pessimist? Realist or dreamer?

37

What are some of your best and worst qualities?

38

What kind of a career and lifestyle do you want?

39

Do you consider yourself self-aware and introspective?

40

What stresses you out - could you use that energy to your advantage?

41

Do you like to try new things? Are you scared of change?

42

Self-Discovery Prompts

Do you feel stuck in any areas of your life?

43

What are your insecurities?

44

What are your core values?

45

When are you in a state of "flow"?

46

What makes you unique?

47

What have you learned from your failures?

48

If you could have a superpower, what would it be?

49

Self-Discovery Prompts

What is the meaning of life?

50

When do you feel the most confident?

51

How have you changed in the last year? 5 years? Decade & beyond?

52

What makes you proud?

53

What makes you angry/frustrated?

54

What are your political views?

55

What higher power, if any, do you believe in?

56

Self-Discovery Prompts

What makes you sad/emotional?

57

What is your biggest goal right now?

58

What is something you have never done and would like to do?

59

What would you do if you won the lottery?

60

Are you willing to work hard for what you want? What motivates you?

61

Do you think you have the ability to change/improve?

62

Do you know what a fixed vs. growth mindset is?

63

Self-Discovery Prompts

What is your greatest challenge right now?

64

Do you work well under pressure?

65

How's your time management?

66

Do you regularly make time for self-care / have a self-care plan or routine?

67

What things from your childhood have had the most impact on who you are today?

68

Are you good at setting boundaries/saying no?

69

What's your definition of success?

70

100 Core Values

Which of these represent your core values?
Which do you want to make more of a priority? Circle or highlight.

1. Acceptance

2. Accountability

3. Achievement

4. Adaptability

5. Adventure

6. Affection

7. Altruism

8. Ambition

9. Appreciation

10. Authenticity

11. Awareness

12. Balance

13. Beauty

14. Boldness

15. Calmness

16. Candor

17. Chastity

18. Cleanliness

19. Commitment

20. Communication

100 Core Values

21. Compassion

22. Composure

23. Confidence

24. Conviction

25. Cooperation

26. Courage

27. Creativity

28. Decisiveness

29. Dependability

30. Determination

31. Devotion

32. Discipline

33. Education

34. Empathy

35. Ethics

36. Equality

37. Fairness

38. Fame

39. Fitness

40. Flexibility

100 Core Values

41. Fun

42. Generosity

43. Gratitude

44. Growth

45. Happiness

46. Honesty

47. Honor

48. Humility

49. Humor

50. Individuality

51. Independence

52. Inner peace

53. Innovation

54. Integrity

55. Intelligence

56. Intuition

57. Justice

58. Kindness

59. Leadership

60. Liberty

100 Core Values

61. Logic

62. Love

63. Loyalty

64. Moderation

65. Open-mindedness

66. Optimism

67. Originality

68. Passion

69. Patience

70. Perseverance

71. Philanthropy

72. Poise

73. Popularity

74. Pragmatism

75. Pride

76. Professionalism

77. Realism

78. Recognition

79. Relationships

80. Relaxation

100 Core Values

81. Religion

82. Respect

83. Responsibility

84. Safety

85. Self-awareness

86. Self-control

87. Security

88. Service to others

89. Sharing

90. Simplicity

91. Solitude

92. Spirituality

93. Spontaneity

94. Success

95. Support

96. Timeliness

97. Tradition

98. Vitality

99. Wealth

100. Wisdom

My Core Values

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