

# 10 Questions for Self-Reflection

These 10 questions are designed for self-reflection in any stage of life, but you can modify them as needed to apply to you now.



1. What am I really interested in? (Interests)
2. What am I struggling with most right now? (Challenges)
3. What does success mean to me? (Values)
4. What am I holding on to from my past? (Past)
5. What brings me joy and makes me feel alive? (Passion)
6. What fears or limiting beliefs do I have? (Mindset)
7. What is the quality of my relationships? (Connections)
8. What is a lesson I learned recently? (Growth)
9. What would I do if I knew I could not fail? (Dreams)
10. What do I want to be remembered for? (Legacy)

## BONUS: FOR DEEP SELF-REFLECTION

1. What would you do if you had a billion dollars?
2. What is your idea of perfect happiness?
3. What would you do if you had six months to live?
4. Why do you get out of bed in the morning?
5. What is the characteristic you most deplore in yourself?
6. What do you consider your greatest achievement?