



Questions to Ask Yourself When You Want to Know Who You Are

How to use these questions

Do not try to answer all of them. Read the list once and pick the question that made you pause, even slightly. Set a timer for five minutes and write without editing. Short answers are fine. If you get stuck, start with a recent moment: yesterday, this morning, the last conversation you had. Come back in a few days, pick another, and read what you wrote before.

What your days say about you

- 1 What did you spend the most time on yesterday, and would you have chosen it?

- 2 Which hour of your week do you protect, and which do you give away too easily?

- 3 What did you put off this week, and what was the real reason?

- 4 What is the last thing you bought for yourself that you were genuinely glad about?

- 5 When did you last think "that is so me", and what were you doing?

- 6 What do you check first when you wake up, and what does that tell you?

- 7 Which conversation from the past few days is still on your mind?

What you want, and what you hide that you want

- 8 What would you try this year if you knew no one you know would ever see it?



9 Whose life do you look at online with a small pang of envy, and what exactly do you envy?

10 What did you want badly five years ago that you no longer care about?

11 What do you tell people you want, that you are not sure you really want?

12 If you had one extra free hour every day, what would fill it after the first week?

13 Which goal are you chasing mostly because it sounded right when you set it?

Where your beliefs came from

14 Which of your strong opinions did you inherit rather than choose?

15 What rule did your family follow that you still follow without thinking?

16 Whose approval do you still imagine when you make a decision?

17 What did you get praised for as a child, and do you still chase that praise?

18 What did you believe about yourself at fifteen that turned out to be wrong?

19 Which word would your oldest friend use to describe you, and would you agree?

You, around other people

20 Who leaves you feeling more like yourself after you see them, and who leaves you feeling less?

21 What do you pretend to enjoy so you can fit in?

22 What part of you comes out only with one specific person?

23 What do you notice first when someone lets you down?

24 When did you last stay quiet in a group, and what would you have said?

25 What do people get wrong about you in the first five minutes?

Who you are when it gets hard

26 After a bad day, what is the first thing you do when you get home?

27 What kind of criticism stings most, even when it is mild?

28 What have you handled better than you expected in the past year?

29 Which of your own reactions surprised you recently?

30 What do you do differently when you feel completely safe?
