

31 Bold Self-Discovery Questions

A MONTH'S SUPPLY OF DAILY INTROSPECTION

1. What legacy do you want to leave? Are you on that path?
2. What mistake have you made that you still ruminate about? What makes you obsess over this specific action?
3. When you wake up, what's the first thing you feel? What makes you feel that way?
4. How do your dreams affect you? What's a dream you remember vividly?
5. What's one learned behavior that you're proud of?
6. Who can you share your hurt with? What makes them safe to do so?
7. What does joy look like to you? Describe it using every sense.
8. What do you enjoy about your home environment? What could you improve?
9. List 5 important values and ways you are living/ or desire to live in accordance with them.
10. What frightens you the most about yourself? Why does it frighten you?
11. What fulfills you? What could be a daily fulfillment?
12. What emotion is hard to express? What makes it hard?
13. List 5 aspects of yourself that you like and what makes them likable to you.
14. List 7 actions/activities that you can do to increase self-confidence. Schedule them out and do one a day for a week. Write about your experience each day.
15. How do you feel about people and social situations in general? Why do you think you feel this way?
16. What makes you interested in self-improvement? What do you hope to gain?
17. Describe your soul in one paragraph. Edit it down to one sentence.
18. If you could leave a series of positive post it notes for your younger self, what would you write and where would they go?
19. What feeling do you want your future self to embrace? Describe that scenario.
20. Choose a time that you felt self-assured, what thoughts populated to create this feeling?
21. What are your prominent love languages? How do you show these to yourself?
22. Choose a time that felt very dark and heavy, what did you do to survive that feeling? What can you take away from that experience to promote healthy self-esteem now?
23. What's one realistic action you can do to self-soothe through difficult moments?
24. Do you tend to make decisions based on learning/knowledge, stability/structure, empathy/ethics or opportunity/ action? What does this choice say about you?
25. What topic of conversation generally causes you to feel uncomfortable to discuss? What makes it uncomfortable?
26. Have you forgiven your parents? If yes, how do you know? If not, how can you do so?
27. Have you forgiven yourself? What does self-forgiveness look like to you?
28. Are there aspects of your life that you are avoiding? What is causing the avoidance? What's the first thing you can do about it?
29. What are 3 things that make your inner child happy? How can you make these happen more often?
30. What experiences do you want to explore while you have the ability to?
31. How can you celebrate your existence every day? What would motivate you to do so?

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