

# 30 QUESTIONS FOR SELF DISCOVERY

- How do I feel at the moment?
- What do I need more of in my life?
- What would make me happy right now?
- What is going right in my life?
- What am I grateful for? List at least 10 things.
- When did I experience joy this week?
- List all my small victories and successes.
- What's bothering me? Why?
- What are my priorities at the moment?
- What do I love about myself?
- Who means the world to me and why?
- If I could share one message with the world, what would it be?
- What advice would I give to my younger self?  
(Do I follow this advice now?)
- What lesson did I learn this week?

- What's draining my energy? How can I reduce or cut it out?
- What does my ideal morning look like?
- What does my ideal day look like?
- What makes me come alive? When was the last time I felt truly alive?
- What/who inspires me the most? Why am I drawn to those inspirations?
- Where does my pain originate? What would need to happen for me to heal?
- What are my strengths? What am I really good at?
- What is something I've always wanted to do but was too scared?
- What is something I would love to learn?
- What hobbies would I like to try?
- Where would I want to live in my ideal life?

- If I had all the time in the world, what would I want to do first?
- Where would I like to travel in the next 5 years?
- What can I do to take better care of myself?
- When have I done something that I thought I couldn't do?
- At the end of my life, what do I want my legacy to be?