

Self Awareness



1. What has been taking up the most space in my mind lately?

2. What pattern have I noticed in my thoughts or behaviours?



3. What situations bring out the most authentic version of me?



4. What do I pretend not to care about?



5. What do I wish people understood about me?



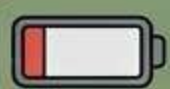
6. What personal value matters most to me right now?



7. What is something I have changed my mind about recently?



8. What do I need more of in my daily life?



9. What drains my energy without me noticing?

10. What activities make me lose track of time?



11. What belief about myself am I questioning?

12. What part of myself am I currently learning to accept?



13. What decision have I been avoiding?



14. What do I know about myself now that I did not know a year ago?



15. What version of myself am I growing into?

