SELF-REFLECTION AND SELF-AWARENESS

- What emotion have I been feeling most often lately, and what might it be trying to tell me?
- What situation keeps repeating in my life, and what pattern do I notice in how I respond?

- What are three strengths I rely on when life gets difficult?
- What is one weakness or habit I keep avoiding, and how does it affect my life?

- What situations tend to trigger a strong emotional reaction in me?
- When do I feel most authentic, and what am I doing differently in those moments?

- How do I usually describe myself to other people, and is that description fair to who I am?
- What is something I understand about myself now that I didn't understand a year ago?

- Which parts of myself do I hide to gain approval, avoid conflict, or fit in?

- What belief about myself deserves a second look?