



Self-Awareness

1. When I am put under pressure, I tend to feel _____ because I tell myself _____
2. I would tell a white lie if _____
3. My hardest decisions concern _____
4. I feel the most motivated when _____
5. I avoid challenges when _____
6. I'm open about myself to others if _____
7. My greatest dissatisfactions center around _____
8. I'm stubborn when _____
9. Changing my behavior requires _____
10. I create the best results in my life when _____
11. If I knew I could not fail, I would _____
12. I missed a significant opportunity in my life when _____
13. I feel most joy in my life when _____
14. I easily rise to the occasion when _____
15. I have a difficult time being emotionally present when _____
16. The kind of support I need more in my life is _____
17. One of the most important things I learned from my parents _____
18. If someone mistreats me _____
19. If I didn't need money _____
20. I tend to sabotage myself when _____
21. I release stress by _____
22. I enjoy myself best _____



23. I do the following to look after myself on a regular basis _____

24. What have I given up on in life? _____

25. I was the happiest in my life when _____

26. I was the unhappiest in my life when _____

27. If I could do anything in the world, it would be _____

28. I want the rest of my life to be about _____