

# Self-Reflection Questionnaire

Brainstorm ideas related to any or all of these reflective questions.

Take your time.

Print this exercise or save it to your own files.

You will likely need a few pages of room to jot down your thoughts and feelings.

- 1. What comes naturally to you?**
- 2. What are you most proud of and why?**
- 3. What parts of past jobs have you enjoyed?**
- 4. Who do you most admire and why?**
- 5. What brings you joy?**
- 6. What would you do if you knew you could not fail?**
- 7. Recall times in which you were the very happiest, most content, most connected. Describe the situation and why it had meaning.**
- 8. What did you aspire to be as a child? How might that fit now?**

When you have completed all the questions that you want to reflect on, reread your responses.

Decide if you would like to share them with a campus advisor or counselor, a trusted friend or a family member (or all).

Start a list of the themes, key words or ideas you notice, such as certain values, traits, interests, situations, etc., that might be shining through.

Select and list 10 key themes that are most important to you.

Save this and your other exercises – you will use them again as you continue to evaluate and assess yourself.

