

# Self-Reflection Questions

What is my biggest achievement in life?

---

What are my goals in life?

---

What are my strengths?

---

What do I love about myself?

---

Who matters the most to me?

---

What am I ashamed of?

---

What do I like to do for fun?

---

What am I worried about?

---

Where do I feel safest?

---

Who gives me comfort?

---

What is my happiest memory?

---

What keeps me grounded?

---

What am I grateful for?

---

What are my values?

---

When am I at my best?

---

What brings me joy?

---