

A person is seen from behind, hiking on a rocky trail. They are wearing a white shirt and dark pants. The background is a lush green forest. A large, semi-transparent red rectangle is overlaid on the image, containing the title text in yellow. The text is centered and reads "101 Questions for Greater Self-Awareness".

101 Questions for Greater Self- Awareness

UnleashYourInnerBadass.co

How to Use This Worksheet

You're about to discover more about yourself. Aren't you excited?

Before you start, there are a few things you need to know to get the most out of this worksheet.

- 1.** This worksheet will help you dig deep and truly know yourself. You might think it's silly, but taking the time to really think about your answers (and writing them) down fleshes out ambiguities and cements a firm knowingness deep inside. Then, when things come to push you off course, you have that internal rod to keep you standing tall and on *your* path.
- 2. This one's important.** All of your answers will appear unrelated at first. The last 11 questions in this book will push you to connect the dots and tie it altogether. Don't get discouraged if you don't "get it" after only the first ten questions.
- 3.** These questions seem simple, but answering them shouldn't be. When answering these questions, you need to **write down as many details as you can**. Every little bit is important. So, take your time with each question and write everything down.

For each question, especially in the Looking Back section, **write down a story from your past that supports your answer.**

With that said, it's time to get started.

Are you ready?



Looking Back

For all of the questions that have events/stories attached, make sure your answer includes:

- What events happened?
- What environment was it in?
- What did it feel like?
- Who else was there? How did that make a difference?
- What else was happening around that time?

And always be specific.

Don't say, "I loved going to the park on Sundays." Be specific and write down that one time when you stood up for the kid who was being bullied.

1. What did you love doing as a child?

2. When you were a kid, what did you want to be when you grew up?
What about that career appealed to you?

3. What do you regret doing?



Looking Back

4. What do you regret not doing?

5. What was the worst day of your life? What happened?

6. What hobbies did(/do) you have?

7. What are your greatest accomplishments?

8. What parts of your life before now (childhood, teenage years, etc.) do you miss? Why?

9. What were the hardest decisions you made? Why were they hard?

10. What events have changed your life? (Don't forget the details.)



Looking Back

11. Looking into your past, what moments really stand out? Write three life-changing examples with details.

12. What happened that changed the way you think about the world and your role in it?



People

13. What do you envy in others and why?

14. Who do you admire and why?

15. Who is your role model and why?

16. Who is someone you really want to meet and why?

17. What would you talk to this person about?

18. Who's the most influential person in your life and why?

19. Write one story that exemplifies how they influenced you.



People

20. What conversations have you had that taught you an amazing life lesson? Write as many details as you can remember. (People, place, topic, ...etc)



Zeal

21. What makes you lose track of time? What makes you forget to eat and sleep?

22. When are you at your happiest? (What are you doing, who are you with, what environment are you in?)

23. What do you hate doing? Why?

24. What makes you feel most alive? What activities fill you with a surge of energy and excitement?

25. What does "Be Yourself" mean to you?

26. What world injustices make you angry?



Zeal

27. Name one thing you love to do.

28. What does happiness look like for you?

29. What can you talk about for hours and, when you talk about it, it excites and energizes you?

30. When was the last time you couldn't sleep because you were so excited by something the next day? What was it?



Impact

31. How can you make the world better?

32. If you could pass on one lesson to the world, what would it be?

33. What world problems would you like to solve?

34. What challenges have you overcome that you can help others overcome as well?

35. If you could volunteer for anything, anywhere in the world, what would it be? And where would it be?

36. What popular beliefs do you disagree with? What topics do you argue about with others?



Impact

37. What do you love helping others with? How do you most commonly help people?

38. Write about a time when you helped someone else and felt really good afterward.

39. Write your own obituary. What details would you want included and displayed in the newspaper for all the world to see?



Drive

40. What are you willing to struggle for?

41. What are you willing to invest effort into in order to master it?

42. What are you already good at?

43. What are you willing to suck at?



What Would...

44. If everyone would love you no matter what, what would you do every day?

45. If you were invited to give a TED Talk, what would it be about?

46. If you only have one year left to live, what about your everyday life would you change? (Write as many changes as you like.)

47. If you were guaranteed success in anything, what would you do?

48. If you had to live without electronics for a week, what would you do with your free time?

49. If money was nonexistent, but you had to work, what would you do?



What Would...

50. If you had a superpower, what would it be? What would you use it for?

51. If you were lying on your deathbed now, what would your biggest regret be?

52. If you didn't have (or need) a job, how would you choose to fill those extra hours?

53. If you got the chance to live your perfect day every day, what would your days be like? (When do you get up? What do you have for breakfast? What clothes do you wear?, etc.)

54. You have unlimited amounts of time and the freedom to spend that time on anything. What would you spend it on?



What Would...

55. If you won \$1 billion five months ago, what would you be spending the money on now?

56. If you could start over, what would you change and why?

57. If you had to come up with a one-sentence answer, what would you say is the main purpose of a human's life here on Earth?

58. If you could trade jobs with anyone in the world, who would it be? What do they do? Why them?



Inner Circle

59. What about you made your friends be friends with you? (Be specific.)
If you don't know – ask!

60. How do you make your friends feel about themselves? (Ask if you're not sure.)

61. What do you like about the people you hang out with most?

62. What do you most dislike about them?

63. What activities do you engage in most when hanging out with your inner circle?

64. Describe your ideal group of friends.



Inner Circle

65. What do your friends think you'd be good at? ("S/he'd make a great...")?

66. Do your friends put you down or encourage you? Write an example of when that happened.



Who You Are Today

67. What's one of the best regular days of your life?

68. What traits do you have that make you unique? What do you use them for?

69. What skills do you have that you love to use?

70. Where do your thoughts wander when you daydream?

71. What are a few things you like to learn about?

72. What do you want to be an expert at?



Who You Are Today

73. Where do you spend most of your free time?

74. What interests you? What are you obsessed about?

75. When do you feel like you're being authentically yourself?

76. On regular days, how are you NOT being yourself?

77. What do you need in your life that you currently don't have?

78. What do you love about your life now? What do you not want to change?

Who You Are Today

79. What do you wish you could do, but you can't?

80. What's on your bucket list?

81. What do you do for fun (that's not a time-killer)?

82. Which of your own traits do you love most?

83. What fears are holding you back?

84. What do you wish you could spend more time on?



Who You Are Today

85. What are your values?

86. What are the most important things to you? How will you measure your life?

87. What is something you look forward to doing on a regular basis?

88. How do you want to be remembered?

89. What is your ideal workday like?

90. What lies do you tell yourself and why?

Connecting the Dots

These questions will help you reflect on your answers in the previous section and find the thread that connects them all. To answer the next 11 questions, you need to review your previous answers to find the link between them.

91. What feelings are most common in all of your answers? (Tip: write how your answers made you feel next to each of your previous answers.)

92. Why did you choose to answer each question as you did? Write the most common answer.

93. What topics kept coming up in your answers?

94. Look at each of your stories and extract a lesson from each one. What do they all have in common?

95. Is there anything that you could do or obtain that would change some of your answers? What is it?



Connecting the Dots

96. What words are most used in your answers?

97. What parts of you have stayed constant throughout your lifetime?

98. Based on your answers, what can you give the world, and what impact will you have?

99. What is something you never want to do? (Conflicts with your likes, beliefs, or values.)

100. (For your story answers) Out of all the stories you could've told to answer that question, why did you choose that story, specifically?

Connecting the Dots

101. Out of all your answers, which do you feel most connected to?

Write your Self-Definition Proclamation.

This is your self-definition proclamation. It summarizes who you are, what you love to do, what you want to achieve, and what you will not tolerate. This proclamation is what you'll come back to when you feel stuck or have lost your sense of purpose.

The wording you use in your self-definition statement is important. So, if the statement you drafted looks satisfactory but doesn't feel spot-on, then adjust the wording until it feels just right.

(Tip: Rhymezone.com is an excellent tool to find synonyms.)

I am _____ (list at least 3 adjectives) _____, and I value _____.

Three things I want to accomplish most are



Connecting the Dots

I will NOT tolerate _____.

The main thing(s) I want people to remember me for after I'm gone is _____.

This statement isn't permanent. You'll tweak it often.

Your self-declaration proclamation will evolve as you do by learning more about yourself, trying new things, and growing.

Congratulations!

Woohoo! You made it to the end of the worksheet. By now you should have a stronger idea of who you are and where you're headed.

You have an internal compass that you can refer to anytime an external force wants to push you away from your truth.

Reviewing your self-definition proclamation a few times each year will help you stay focused, overcome doubts and frustrations, and keep you on your path.