

Take some time to answer these questions about yourself and then see if a friend or family member can guess how you answered these self-reflection questions.

Questions to help you know yourself better:

1. What are my [strengths](#)?
2. What are my short-term goals? Long-term goals?
3. Who matters most to me? Who are my support people?
4. What am I ashamed of?
5. What do I like to do for fun?
6. What new activities am I interested in or willing to try?
7. What am I worried about?
8. What are my values? What do I believe in? (consider politics, religion, social issues)
9. If I could have one wish, it would be _____
10. Where do I feel safest?
11. What or who gives me comfort?
12. If I wasn't afraid, I would _____
13. What is my proudest accomplishment?
14. What is my biggest failure?
15. Am I a night owl or an early bird? How can I arrange my life to better suit this part of my nature?

16. What do I like about school? What do I dislike?
17. What does my inner critic tell me?
18. What do I do to show myself self-compassion and self-care?
19. Am I an introvert or an extrovert? Am I energized being around others or being by myself?
20. What am I passionate about?
21. What is my happiest memory?
22. What is my favorite book? Movie? Band? Food? Color? Animal?
23. What am I grateful for?
24. When I'm feeling down I like to _____
25. I know I'm stressed when I _____

The more you are able to get to know yourself and understand yourself more completely, the more ability you will have to understand others around you and show others respect and compassion for their unique experiences and perspectives.

Source:

<https://psychcentral.com/blog/imperfect/2016/04/26-question-to-help-you-know-yourself-better#Questions-to-help-you-know-yourself-better>: