



GET TO KNOW YOURSELF

1. What kind of person have I been?

2. What type of person do I present to the world?

3. What kind of person am I like really on the inside?

4. Is there a feeling that you experience- maybe even struggle with- over and over again, everyday?

5. How would your closest friends and family describe you?

6. Is there something about yourself that you hide from others?
a. If yes, what and why?

7. What part of my personality do I need to improve on to become the person you want to be?



8. What is 1 thing I want to change about myself?

a. Why?

b. What impact would you expect that to have?

c. How would you feel if you made this change?

d. What thoughts would you hear if you made this change?

e. What do you need to let go of to make this change?

f. Is there anything you fear you might lose if you make this change?