

Worksheet: **Who Are You?**

1. How would you describe yourself?

2. What makes you feel better when you're facing a difficult situation?

3. If you could rewrite your past, what would you change?

4. If you could relive one scene from your past, what would it be?

5. Which area of your life do you think you need to improve?

6. If you could write a book, what would the title be?

7. Are you living your life to make you happy or other people happy?

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8. How do you see yourself in one, five, and ten years from now?

9. What makes you truly happy?

10. How would you describe a perfect life for you?

11. What makes you change your mood for better or worse?

12. What do you need in order to feel complete?

13. What has to happen to make you feel successful?

14. Is your happiness dependent on others or yourself?

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15. Are you more concerned with how your life looks or how you really feel?

16. Who do you truly have to forgive: someone else or your own self?

17. Are you really focusing on what brings fulfillment for you?

18. What message does your future-self have for you?

19. What is your deeper soul trying to tell you?

20. Are you focusing on what you want rather than what you don't want?

21. Is what you're doing in the moment getting you closer to where you want to be in the future?

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22. Do you feel comfortable with yourself?

23. What would you tell your old self in one sentence?

24. Are you focusing in the moment or living in your past or future?

25. What can you do now to reach your biggest dream?
