

# Self Reflection

## Questions



What do I want my life to be about? What am I meant to do? What will make me happy? These are not easy questions to answer so here are some reflection points that can help get the process started.

How you approach this can vary – for some, it is best to find some time to be alone and think about them, for others it is useful to write it out in a journal and, for others, it is a great point of discussion to start with the people close to you. Or maybe it is all three. Enjoy!

1. What drives your curiosity and makes you want to learn or do more?
2. In the past weeks or months, what experiences brought out the most energy and enthusiasm in you? Describe the situation(s)? What qualities were brought out in you?
3. In the past weeks or months, what experiences were especially draining? Describe the situation(s)? What aspects of the situation(s) drew energy away from you?
4. When you were engaged in something that makes “time fly by”, what is it that you were doing?
5. When you consider accomplishments you especially enjoyed working towards – what talents, abilities, or characteristics do you notice most in yourself? Are there clues from your childhood that reveal these talents?
6. What skills/abilities do you have now that you didn’t have a year ago? 3 years?
7. What family stories are told about you? What qualities/traits do these represent? What were you “known for” when you were a kid? Are they still present today?
8. What types of people bring out the best in you? What characteristics do they bring out? Where do you find these people in your life?
9. What are some “unknowns” you are currently experiencing? What allows you to live with the uncertainties in a way that feels right for you?
10. Consider a “lucky break” or “happy coincidence” in your life. How did this moment open new doors for you? Was there something that you did to help create this serendipitous moment?

*Thanks to Santa Clara University- Career Centre for some of the above questions.*