

Want An Amazing Life? Get To Know Yourself Printable Questionnaire

This questionnaire is meant to be used after reading the corresponding article found at www.WhatSheSay.com. The questions are designed to help you get to know and understand yourself better; questions whose answers will put you on a path to self discovery, and lay the groundwork and foundation for designing the life you want. There are no right or wrong responses to these questions, you simply have to be totally, brutally and absolutely honest. Otherwise, this exercise won't help you at all. Look for patterns, similarities, common and recurring themes in your answers to help you to draw conclusions as to what your responses mean.

1. If there exist no constraints or limitations, time, money and circumstance are no objects, what would you be doing?
2. What do you love to do?
3. If you knew you were going to die today, what would you be most proud of?
4. If you knew you would die today, what would you most regret?
5. If you're employed, what do you like most about your job?
6. If you're employed, what do you like least about your job?
7. Are you physically fit?
8. Do you have good eating habits?
9. What about your appearance or your weight do you obsess over?
10. What do you get excited about?
11. Are you a person who does things for others but regrets it later? If so, why?
12. Do you tire easily?
13. Do you have a short attention span?
14. What are the things you're most grateful for?
15. Would the people you are in close relationship with describe you as a happy person?
Why/Why not?
16. What would you describe as your biggest life challenge? Why?
17. Do you form friendships easily?
18. Do you tend to form and have a few deep long-lasting relationships or many superficial or short-term relationships?
19. Do you like new adventures?
20. When faced with a challenge, do you dig in and pound it out and work your way through to a solution, do you prefer to find an alternate way to get around the problem or do you

prefer to avoid it altogether?

21. What makes you envious of others?

22. Do you continue friendships with people that exhibit behavior you don't like?

23. If you were not happy with your job, would you stay, or stay and try to improve your situation making adjustments or changes, or leave? Why?

24. Which would you prefer most; to have love or money or good health?

25. In thinking about your family and heritage, what are you most proud of?

26. What would you most want your children to remember about you?

27. What would you most want future generations to know about you?

28. Would you rather have fame or fortune if you had to put in 10 years of work for either?

29. What is the most valuable piece of advice you've ever received?

30. Think of someone you respect and admire. What one trait do you admire most about that person? Why?

31. If you were dropped off and left for a year in the middle of a foreign country, what would we be likely to find a year later?

32. What frustrates you?

33. What do you tend to lose patience with?

34. If someone is telling a story, do you envision what happens next or do you wait for them to tell you what happens?

35. What would you do with unlimited resources?

36. What would you do with unlimited time?

37. If you could have one superpower, it would be _____.

38. The thing that makes you most uncomfortable is _____?

39. The place you would most love to live is _____?

40. The thing that scares you most is _____?

41. You're scared to _____, but if you could, you would.

42. Even if it took forever, you would do _____?

43. In what do you find peace?

44. In what do you find immense joy?

45. Who are you?

46. What do you represent?
47. What do you stand for?
48. What do you stand against?
49. What would you die for?
50. How can you serve?
51. If you're unhappy with your life now, what is it you want most to change?
52. What makes you you?

Once you have completed the answers to the above questions, let them sit for a day or two, come back and review them again. Is there anything you want to change or elaborate on? If so, make the changes until you're satisfied that the answers are an accurate representation of you. Then keep this exercise as a frame of reference as you continue your journey of self discovery, self improvement and personal growth.