

Transform Your Life

Questions for Self-Discovery

This worksheet is designed to help you reflect more deeply about your life. Answer the questions as thoughtfully and honestly as possible. Your responses hold several clues about where you are in your current life. This will help you become more aware of what's holding you back, so you can create an action plan to move you forward.

Where have you been?

What are you still struggling with from your past?

If you were to make peace with your past, how would you be different today?

Where are you now?

Do you feel fulfilled in your current life?

If you could change anything right now, what would it be?



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Where do you want to go?

What is your main vision for your life?

Are your actions today putting you on the path to living your ideal life?

How will you get there?

What can you start doing today to put you on the path to where you want to go?

How will you deal with obstacles that you'll face along the way?

*"The only person you are destined to become
is the person you decide to be."*

Ralph Waldo Emerson

