**Self-Reflection Questions are a great way to get to know yourself better so you can start to live a life that makes you happy based on your needs/wants. Learn what’s hard for you and what your good at so you can use your strengths to overcome challenges and obstacles in your life.**

1. When I am put under pressure, I tend to feel… because I tell myself...
2. I would tell a white lie if...
3. My hardest decisions concern...
4. When someone criticizes me at work, I often feel… because I tell myself...
5. I am not a good listener when...
6. I feel the most motivated when...
7. I avoid challenges when...
8. I’m open about myself to others if...
9. When I am put in charge, I...
10. My greatest dissatisfactions center around...
11. I’m stubborn when...
12. Changing my [behavior](http://www.selfgrowth.com/behavior_modification.html) requires...
13. I could be understood better...
14. I create the best results in my life when...
15. If I knew I could not fail, I would...
16. The amount of work I do is influenced by...
17. I show significant courage when...
18. I missed a significant opportunity in my life when...
19. I feel most joy in my life when...
20. I get in my own way when...
21. I easily rise to the occasion when...
22. I am insensitive to others when...
23. I have a difficult time being emotionally present when...
24. The kind of support I need more in my life is...
25. One of the most important things I learned from my parents...
26. If someone mistreats me...
27. If I didn’t need to earn money...
28. If I had no fear...
29. I tend to sabotage myself when...
30. I release stress by...
31. I enjoy myself best...
32. I do the following to look after myself on a regular basis...
33. My weak points are...
34. My strong points are...
35. I learn best by...
36. What have I given up on in life?...
37. I was the happiest in my life when...
38. I was the unhappiest in my life when...
39. If I could do anything in the world, it would be...
40. I want the rest of my life to be about...