

## Top 10 Ways to Learn More About Yourself with questionnaire

You spend every minute with yourself, but you don't really know yourself as well as you think. **You love to deceive yourself, whether you realize it or not.** As they say, "You can't handle the truth."

Unfortunately, if you don't know yourself, it's hard to make progress. It's like driving a car that doesn't run well, but you refuse to look under the hood. There are issues under your hood that are in your way!

### Try these techniques to get to know yourself better:

1. **Take a personality test.** There are plenty of tests available online. Some are better than others, so be sure to do some research. The more sophisticated and useful tests aren't free, but you're worth it!
2. **List your values.** What matters to you? What do you stand for? Make a list of your values and put them in order of which are most important to you. Do you live your life according to your values?
  - Imagine you're an acquaintance of yours. How would you order your values based on your words and actions?
3. **Whom do you admire?** Who are the people you admire the most? **Why do you admire them?** What character traits and skills do you admire in others? What you admire in others says a lot about you.
4. **Whom do you despise and why?** Just as informative are the people you strongly dislike. Why do you dislike them? What exactly about them is it that you dislike? Do you see any of those traits in yourself?
5. **Ask your friends and family for input.** Your friends and family know more about you than you think. They definitely know a thing or two about you that you don't know. Ask them for assistance in learning more about yourself. Be prepared to be surprised.

6. **Imagine watching yourself.** Imagine observing yourself for a day. Imagine watching yourself eat. Imagine seeing yourself in your typical clothing. Note how you interact with others.
  - **You don't appear to others the way you think you do.** This is a chance to see what everyone else sees. If possible, consider setting up a video camera.
7. **If you could be granted one wish, what would it be?** Imagine being given a wish. What would you do with it? What can you infer from that?
  - Wishing for a billion dollars is different from wishing for world peace. Wishing for a loving spouse is different from wishing for the ability to fly or for a new sports car.
  - **Your answer will tell you a lot about what's most important to you.**
8. **What do you believe is the meaning of life?** If you had to sum up the meaning of life in one sentence, what would it be? How did you come to that decision?
9. **What is your biggest regret?** What is the one thing you wish you could go back in time and do over? Why do you regret it so much? How would your life be different if you could redo a few decisions?
10. **What makes you anxious?** What causes you stress? What makes you worry? Why do these things upset you? What does your anxiety cost you? How does it limit you? How would your life change if you felt much less anxiety?

Knowing yourself is a great challenge. You've probably never seriously considered why you think and behave the way you do. We spend a lot of time contemplating people and situations outside of ourselves, but little time investigating ourselves.

**If you knew yourself better, you could make a few adjustments and enjoy an easier and more successful life.** You'd also be in a better position to deal with old emotional wounds.

Be courageous and take a long, hard look at yourself. Getting to know yourself is challenging, but in the long run, you'll find that it's worth the effort.

## 29 Questions to Self-Discovery

Know that there are no right or wrong answers. There is only you uncovering the process of building a closer relationship with the person within.

1. What activity in your life lights you up with joy?
2. What is something you always love doing, even when you are tired or rushed? Why?
3. If a relationship or job makes you unhappy, do you choose to stay or leave?
4. What do you fear about leaving a bad job or a bad relationship?
5. What do you believe is possible for you?
6. What have you done in your life that you are most proud of?
7. What is the thing that you are second most proud of?
8. What kind of legacy do you want to leave behind?
9. How does your being here in the universe change humanity for the better?
10. If you could have one single wish granted, what would it be?
11. How comfortable are you with your own mortality?
12. What is your highest core value?
13. To your best knowledge, how do other people perceive you?
14. How would you like others to perceive you?
15. How confident are you in your abilities to make decisions for yourself?
16. What is your biggest self-limiting belief?
17. Who is the most important person in your life?
18. Who is your greatest role model?
19. Who is a person that you don't like yet you spend time with?
20. What is something that is true for you no matter what?
21. What is your moral compass in making difficult decisions?
22. What is one failure that you have turned into your greatest lesson?
23. What role does gratitude play in your life?
24. How do you feel about your parents?
25. How is your relationship with money?
26. How do you feel about growing old someday?
27. What role has formal education played in your life and how do you feel about it?
28. Do you believe your destiny is predetermined or in your hands to shape however you wish?
29. What do you believe is the meaning of your life?