



Seven guided prompts to get to know yourself more honestly, plus a list of extra prompts to take away and reuse.

01 Settle in

How in touch with myself do I feel today?

1 2 3 4 5 6 7 8 9 10

Quite disconnected

Very connected

One honest word for how I am right now:

02 When do I feel most like myself?

Think of a recent moment you felt completely at ease being you. Where were you, who with, what were you doing?

03 What fills me, what drains me

Be specific, actual activities, people and situations, not vague categories.

Leaves me with more energy

Leaves me with less

04 The story I keep telling about myself

We all carry a few well-worn beliefs about who we are. Name one, and then question whether it's actually true, or just familiar.

A belief I often repeat about myself:

Is it true, or just old? What's the evidence either way?

05 If nothing were in the way

Take judgement, money and fear off the table for a moment.

What would I do, try or change if I knew I couldn't fail and no one would judge me?

06 A few honest lines to myself

Write to yourself a year from now, what you hope you'll remember, and what you'd want to hear.

07 What's quietly good

List things that are going right that you tend to walk past without noticing. Small ones count.

1.

2.

3.

4.

5.

08 Prompts to take with you

Tick these off over the coming weeks, one is plenty for a sitting. Use the same approach: one honest answer beats a perfect one.

- What am I pretending not to know?
- Who am I when no one's watching, and who am I performing for?
- What did I need as a child that I can give myself now?
- What am I tolerating that I don't have to?
- When did I last change my mind about something important?
- What would the most honest version of me say about my life right now?
- What am I holding on to that's ready to be put down?
- If this year had a single lesson, what would it be?

When you're done, a moment to reflect

- Which prompt did you avoid, and what might that avoidance be telling you?
- What's one thing you wrote here that you've never quite said out loud?
- What would you do differently this week if you took your own answers seriously?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.