

Who Am I Self-reflection

In life, we are often so busy with everyday tasks that we forget to take stock of who we are, what we are good at, and what is important to us.

Clients or students can use the following table to think about what they are good at, what significant challenges they have been confronted with, and what inspires them.

Name / Date
List five things I am good at:
Think of something significant that went wrong. What did I learn from it?
What am I passionate about?
What do I love most about myself?
How can I do things I am more passionate about and use what I love most?
Quotes/people/pictures that inspire me: