

30 QUESTIONS FOR SELF-REFLECTION

1. Do I live true to my values?
2. Do I compromise on my goals?
3. Do I give up when things get hard?
4. Am I thankful for what I have in life?
5. Do I hold grudges?
6. What are my values that I can never compromise on?
7. Do I use my time wisely and productively?
8. What does failure mean to me?
9. What matters the most in my life?
10. What do I want from life?
11. What act of kindness done by others, left an impact on me and why?
12. Am I truly living my life?
13. What makes me smile often?
14. Can I compromise on material comfort?
15. What am I most scared of ?
16. What does God mean to me?
17. Do I want more memories and experience versus material gain in life?
18. What's the one thing that I can leave as my contribution to this world?
19. What makes me truly happy?
20. If I can give just one advice to others, what would that be?
21. Am I holding onto something that I should let go of?
22. What bad habits am I currently struggling to break away from?
23. Do I incorporate reading in my life as often as I should?
24. What is that one thing I can do better from today?
25. How often do I push myself out of my comfort zone?
26. Do I give my body the attention and care it deserves?
27. Am I grateful to my parents for whatever they have done for me?
28. Do I care about my mental health?
29. Do I put enough effort into my relationship?
30. Do I take things for granted?