

# SELF-QUESTIONNAIRE

## STRENGTHS, SKILLS AND NATURAL TALENTS

**My personal strengths (characteristics):**

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**Things I am good at doing, come easily to me or I have a knack for are:**

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**Others would say I'm good or an expert at:**

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**If I had to teach someone something, I could teach:**

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**Natural talents I may have, that I may not be using yet are:**

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## PERSONAL INTERESTS

**My favorite things to do when I was little:**

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**My favorite things to do nowadays:**

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**My favorite things to talk about are:**

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**My favorite books are:** \_\_\_\_\_

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**My favorite movies are:** \_\_\_\_\_

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**The books or movies that inspire or move me the most are:** \_\_\_\_\_

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**Because** \_\_\_\_\_

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## JOY AND MEANING

**What makes me feel great about myself is:**

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**What really matters to me is:**

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**What gives me a sense of satisfaction or fulfillment is:**

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**What I find most meaningful in my life is:**

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## MY LIFE VALUES

**What I value in life, what has the most meaning for me:**

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**Who do I admire the most? Who has achieved goals I would like to achieve? Life values of person I admire the most:**

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## **DREAMS AND DESIRES**

**What I have dreamed of doing or being (regardless of others' opinions):**

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**What I think I might like to accomplish in my life is:**

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