

- What makes me happy? Why?
- What make me sad? Why?
- What kinds of people do I enjoy? Why?
- What do I want from the people around me?
- What do I fear most?
- What causes me to feel happy?
- What causes me to feel sad?
- What causes me to feel angry?
- What causes me to feel frustrated?
- What do I love about my work?
- What do I dislike about my work?
- What am I most proud of about myself?
- What am I least proud of about myself?
- What are my strengths?

- What are my weaknesses?
- What motivates me?
- What stresses me?
- What relaxes me?
- What qualities do I see in others that I would like to see in myself but don't? Why?