

**Self-Reflection Questionnaire**

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| **Name:** |  |
| **Date:** |  |

1. **SWOT analysis**
2. **Strengths**

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| ***Natural attributes*** | ***Attributes developed over time*** |
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1. **Weaknesses**

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| ***Innate*** | ***Driven by circumstances*** | ***Driven by negative emotions*** |
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1. **Opportunities**

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1. **Threats**

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1. **What do I like doing?**

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1. **What do I not like?**

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1. **What moves my heart and makes me want to do something to change things?**

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1. **What am I passionate about?**

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1. **What excites me?**

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1. **What bores me?**

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1. **What’s the picture of my dream life?**

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1. **What are my fears?**

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1. **What fear, if any, keeps me up at night?**

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1. **What are my personal values?**

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1. **What are my short, medium, and long-term goals?**

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| **Short term:**  ***(0-3 years)*** |  |
| **Medium term:**  ***(3-5 years)*** |  |
| **Long term:**  ***(5-10 years)*** |  |

1. **What experience do I have?**

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| **Hard experience** | **Soft experience** |
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1. **What skills do I have?**

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| **Hard skills** | **Soft skills** |
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1. **What gaps do I need to address to achieve my goals?**

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1. **What are my immediate next steps?**

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