



Self-Reflection Questionnaire

Name:	
Date:	



1. SWOT analysis

a) Strengths

<i>Natural attributes</i>	<i>Attributes developed over time</i>
■	■

b) Weaknesses

<i>Innate</i>	<i>Driven by circumstances</i>	<i>Driven by negative emotions</i>
■	■	■



c) Opportunities

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d) Threats

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2. What do I like doing?

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3. What do I not like?

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

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5. What am I passionate about?

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6. What excites me?

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7. What bores me?

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8. What's the picture of my dream life?

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9. What are my fears?

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

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11. What are my personal values?

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

<p>Short term: <i>(0-3 years)</i></p>	<ul style="list-style-type: none">■
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Medium term: <i>(3-5 years)</i>	▪
Long term: <i>(5-10 years)</i>	▪

13. What experience do I have?

Hard experience	Soft experience
▪	▪



14. What skills do I have?

Hard skills	Soft skills
<ul style="list-style-type: none">■	<ul style="list-style-type: none">■

15. What gaps do I need to address to achieve my goals?

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16. What are my immediate next steps?

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