

Assessment Workbook

50 Questions To Assess Your
Self-Improvement and Personal
Growth Needs

INSTRUCTIONS

Take your time and consider each of the questions carefully. Some of these can take some thought. If you are not sure, take more time to consider it. You can also check in with people in your life that you are close with, that you trust and that know you best.

Once you are finished, you should have a good idea of the things that you need to work on for personal growth. Don't get overwhelmed if you find several areas that need your attention, this is common for all people.

Self-improvement and personal growth is a journey not a destination, and it all begins with awareness and continues with action.

Begin by considering an action plan for those things that are most important for you to tackle. Licensed therapists, self-help books, life coaches, various online resources and support groups can all help you on your personal growth journey.

ASSESSMENT QUESTIONS

SELF

What are my strengths? _____

Am I utilizing my strengths? _____

What are my weaknesses? _____

Am I working towards self-awareness? _____

Am I working towards self-knowledge? _____

Do I feel I deserve the very best? _____

Am I sabotaging my own success? _____

Do I take good care of myself? (exercise, diet, rest, stress management)

Am I am being treated with respect, do I demand it? _____

Am I confident? _____

Am I assertive? _____

Am I self-reliant? _____

Do I need others to take care of me? _____

Is my spirit light? Do I have inner peace? _____

What is missing within myself? _____

Do I know who I really am? (besides the traditional roles of work roles, daughter, son, wife, husband, etc.) _____

Do I have bad habits? (smoking, drinking, drugs, unhealthy diet) _____

Do I have self-created limiting beliefs? (the belief that you cannot do something or achieve something for whatever reason) _____

Do I believe in myself? _____

Are my relationships supportive of my wellbeing? _____

Am I productive? _____

Do I have too much stress? _____

Do I make myself a priority in my life? _____

Am I at peace inside, or is there turmoil? _____

Am I living up to my full potential? _____

MY LIFE

Have I set goals in my personal life? _____

Do I live a genuine life? _____

What is missing from my life? _____

Do I have an active social life? _____

Am I living in line with my own values? _____

Do I have a life plan? _____

Is my life in disarray? ____ If yes, why? _____

Is my vision of a great life in line with my actual life? _____

Is my life balanced? (work, family, recreation, time for self) _____

Am I fulfilled in my life? _____

Do I know and fulfill my purpose? _____

STRUGGLES/PROBLEMS

What things or people do I struggle with? _____

What problems do I have? _____

Do I blame others for my unhappiness or problems? _____

Do I avoid or face my problems head on? _____

PROFESSIONAL/WORK

Have I set goals in my professional life? _____

Is my career on track? _____

Do I like my work? _____

What would I like to change about my work? _____

Do I make as much money as I would like to? _____

PRODUCTIVITY

Am I procrastinator? _____

Do I have issues with motivation? _____

MOOD AND FEELINGS

Is my mood generally okay? (consider anxiety, depression, anger, constant sadness) _____

Do I eat behind pain, loneliness, boredom? _____

Am I lonely? _____

Do I deal with my feelings in positive ways? _____

Or do I stuff them, ignore them, lash out at others behind them? _____
