

Self-Awareness Inventory

Really take your time with this and engage in some deep reflection on your patterns, life lessons, and current situation to discern where you are on or off track in your life in terms of living a life you love. Many of the questions are the same asked in a different way. Answer each one and see what patterns arise.

Life Lessons + Experiences

- What have been the pivotal moments of your life thus far?
- What have been your aha moments?
- What life lessons and themes keep repeating for you?
- What have been your biggest life lessons? What are the meaningful, significant messages you have received?
- What are your favorite and worst childhood memories?
- What accomplishments are you most proud of?
- What are you most disappointed in?
- What are your missed opportunities and/or biggest regrets?
- What else have you learned about yourself based on past experiences and outcomes?

Current Situation

- Are you living the life you were born to live, that suits who you really are?
- Are you happy, fulfilled, satisfied and living the life of your dreams, a life you love? Why not? What's missing in your life?
- What are your biggest challenges, stressors, obstacles right now that are keeping you from living the life you want to live?
- What's not working and flowing in your life? **Where do you feel stuck?** How are you struggling versus living with ease in your flow?

- What parts of your life are you not loving fully? What do you dislike about your life right now?
- What limiting patterns, mindsets and beliefs are you stuck in?
- Where are you sacrificing your desires and dreams for what other people want and expect of you?
- What are you resisting in your life?
- How do you get in your own way and sabotage what you say you want?
- What is your inner critic telling you these days?
- What has been holding you back from fulfilling your hopes and dreams?
- What's working and flowing in your life? What parts of your life do you love? What do you love about yourself and your life right now?

Your Personality, Temperament and Motivations:

- Are you an introvert or extrovert?
- Are you a [highly sensitive person](#)? Learn about HSP's [here](#). What does that look like for you?
- What is your Myer Briggs personality type? Your Fasciation Archetype?
- What are your character strengths and best qualities?
- What are weaknesses/flaws/worst qualities?
- How do you handle conflict and stress in your life?
- When do you feel most fully alive?
- What kinds of things make you happy – make your heart sing?
- What do you feel stifled by?
- What inspires you?
- How do you waste time?
- What energizes you?
- What drains you?
- What do you strongly believe in?
- What do you stand for?
- What do you cherish?

- What are you hungry for? What do you crave?
- Who do you admire and why?
- Who do you most relate to? (e.g. healers, artists, athletes, musicians, tree-huggers, entrepreneurs, teachers, activists, free-spirits, non-conformists, philosophers, liberals, moms, seekers, etc.)
- What animal(s) represents you?
- Do you like who you are and are you who you want to be? Why or why not? What do you want to most change/improve about yourself?

What are your Personal Truths in these Key Areas...

Spirituality + Personal Growth:

- Do you have a spiritual practice? What does it look like?
- What's missing from your spiritual practice?
- What helps you feel centered and grounded? Is this a part of your daily practice?
- What do you feel you need to cultivate more of (e.g. patience, compassion, inner peace, silence, stillness, etc.)?
- Where do you most need to grow and evolve? What needs to be healed in your life?
- Are you doing the soul work you need to do to heal and grow? In what way?

Health + Well-being:

- How is your health (in mind and body)?
- Do you feel healthy, strong, and fit? If not, why?
- Are you happy with your body? If not, why?
- When was your last checkup/physical with full blood work? What were the results?
- How well do you eat? What are your eating habits like? Are you an emotional eater?
- What do you crave? Sugar/Sweets? Carbs?

- How much water are you drinking?
- What are your fitness habits? Are you exercising? How often?
- Do you like to exercise or do you hate it?
- What are your sleeping habits? How much rest are you getting?
- What are you doing to contribute to your well-being? How are you currently taking care of yourself? Do you have a self-care practice? What is it? How consistent are you with it?
- When was the last time you did something nice for yourself? How often do you do something nice for yourself?
- How often do you have “me time”? When? For how long? What do you do during your “me time”?
- When was the last time you let yourself be pampered? What does being pampered look like to you?
- What do you need to heal physically and emotionally?

Vocation + Work Life + Education:

- What is your 80/20? What are your (20%) most creative ideas and unique skills that will produce (80%) of the results you seek?
- Are you a scanner/dabbler or on a one-track path?
- What work are you currently doing? Do you love it? Is your current work fulfilling and fun? Explain your yes or no.
- Do you feel like you're in your flow when you're doing your work?
- Do you know what your purpose is? If so, what is it? Are you fulfilling your calling or purpose? Explain your yes or no.
- What are you passionate about?
- What are your gifts and talents?
- What are you an expert at? What do people come to you for?
- Where does your creativity shine? How are you fully expressing your creativity?

- What do you care about? What causes are important to you?
- Are you being of service? How are you currently contributing to the world in a meaningful way?
- How are you satisfied or dissatisfied in this area?
- What are your challenges and obstacles in this area? What's keeping you from doing the work you would love to do, from living your purpose?

Home + Family:

- How do you feel about your living situation, environment, geographical location, and neighborhood? How are you satisfied or dissatisfied with it?
- Do you live in a space you can truly call home? Do you love your home? Does it reflect you?
- Is it neat and orderly? Or chaotic? Are you a hoarder?
- Is your home a happy home?
- Does your home inspire you or drain you?
- What does your family life look like? Do you have the family life you want for yourself? Explain your yes or no.
- What does your relationship with your spouse/partner look like? Is it healthy and loving? Are you happy? What do you love about your partnership? What do you most dislike about it?
- What kind of parent are you? Are you the kind of parent you want to be? Explain.

Relationships:

- Do you feel a part of a tribe/community? Who is a part of your tribe/community?
- What are your most fulfilling relationships? What are your least fulfilling relationships?
- What kind of company are you keeping? Are most of your relationships healthy and productive or dysfunctional and toxic?
- Can your toxic relationships be transformed and healed or do they need to be dissolved?

- How are you nurturing and being nurtured by your relationships and community?
- Do you have the kind of friendships and connections you want to have?
- Do you have mentors, teachers, and friends you can call on when you need to? In other words, do you have a support network? Do you feel connected and supported?
- What does your social life look like?

Money:

- What does your financial situation look like? Is it stable or unstable? Are you solvent or in debt? How much debt? Are you financially comfortable or just making it, living check to check? Do you have savings and investments? How much?
- What are your spending habits? How do you spend your money? Are you spending wisely or are you living above your means?
- Are you currently saving and investing? Do you give money away? How so?
- What is your relationship to money? Is it healthy or dysfunctional? Are you money wise or money foolish?
- What are your values around money? Do you think it should be spent freely or hoarded? Are you frugal, generous or selfish?
- What are your beliefs and mindsets regarding money? Do you feel abundant and prosperous or poor and lacking?
- What is your family's relationship to money?
- What is your experience of money? Are you experiencing scarcity or abundance? Does money easily flow to you or is it hard to come by? How so?

Play + Pleasure:

- What does play look like for you? What do you like to do for fun, for pleasure and enjoyment?
- How do you spend your leisure time?
- What are your interests or hobbies?

- Are you having fun and enjoying life? How much fun are you having?
- What was the most fun you've had in life? When was the last time you did that?
- Are you adventurous? What was the last adventure you went on? Are you making any plans for your next adventure?

Personal Style:

- What is your personal style and are you expressing it?
- What are the signature elements of your style in terms of scent, color, texture, accessories, etc.?
- What are you wearing and expressing when you feel most yourself?
- What makes you feel sensual and sexy?
- What makes you feel confident and powerful?
- What are your 12 favorite things that you can't live without?

Let's now focus more deeply on these key "Core You" questions:

- What are your archetypes?
- Who are you in the shadows?
- What are your fears?
- What are your values?
- What are your core-desired feelings?
- What are your super powers?
- What are your passions?
- What is your life purpose?
- What are you tolerating?
- What are your levels of satisfaction?

Envision + Design Your Dream Life

To see and create an ideal vision for your life you need to start reflecting on what you really want in every area of your life. You can use the questionnaire below to imagine the details of a new life.

Here are some Guidelines to help with this process:

- Determine where you ultimately want to be in each area of your life. Create a picture of your ideal lifestyle using the questions listed below as a guide.
- Dream as if there were no obstacles. Assume money is not an issue (i.e. you have enough.)
- Envision new amazing possibilities for your life no matter how outrageous they may seem.
- Start small and then expand – design your ideal morning, then what would be an ideal day, ideal week, and finally your ideal life look like.
- Be able to complete the following sentences:

If I were _____ then I would be profoundly happy and fulfilled.

If I had _____ then I would be profoundly happy and fulfilled.

If I were doing _____ then I would be profoundly happy and fulfilled.

- Remember your answers can be as short and sweet or long and detailed as you like. But do be specific. And make it sexy and juicy so that your answers really light you up.

- Do NOT worry about the how any of your vision or dreams will happen or manifest. That is not your concern. The Universe can handle the details of your vision unfolding. Your job right now is simply to hold the vision.
- Now dream Big! REALLY BIG!

Big Picture Questions about who you want to be, what you want to do and have in your ideal life:

- What would make your life more fulfilling and joyful?
- What is the most powerful, wildest dream you have for yourself?
- What would a perfect day look like for you?
- What would your ideal, dream life look like? What life do you really want to live that suits who you really are?
- What do you want more of?
- What would you do if you had only six months to live?
- What roles in life do you want to star in?
- Who do you want to be?

Spirituality + Personal Growth:

- What would your ideal spiritual practice look like? Would it include meditation, yoga, prayer, nature walks, etc.? How often?
- What would being spiritually grounded and connected to Spirit look like for you?
- What would be healed in your life?
- How would your life be transformed?
- What would your best self look like?

Health + Well-being (Self-care):

- What would a healthy lifestyle look like for you?
- What would your ideal self-care practice look like?
- What would your diet/eating habits look like?

- What would your ideal fitness program consist of?
- What kind of body do you want?
- How would you ideally feel in mind, body, and spirit?

Purpose + Vocation + Work Life + Education:

- What work do you want to do that will allow you to use your super powers and fulfill your purpose? What work will allow you to live in your Zone of Genius?
- What's your dream job, ideal work, career, or business? In other words, if money was no concern and you had all the time and money in the world to do what you want what would you do with your time, energy and talents?
- What additional experience and education do you need to help you do your life's work?
- What cause do you want to take up next? What do you want to fight for and why? How do you want to make a difference? What do you want your life's mission to be? How are you best suited to serve humanity?
- What new things would you like to learn?
- What talent or skill do you most want to cultivate?
- Do you want to be the boss or work for someone else? Do you want to lead and manage people?
- Do you want to work with others or solo? What kind of people would you work with?
- How many days a week and hours would you work?
- Do you want to work from home or in a really funky office building with a game room and lounge areas or in a café or at the beach?
- Do you want to be an entrepreneur? If so, what kind of business do you want? How big is it? Are you a solopreneur?
- What do you want to create, make or build?
- What do you want to accomplish in your life? What would you like to be honored and recognized for? What do you want your legacy to be? How do you want to be remembered?

Home + Family:

- Where would you live if you could live anywhere? Would you be in the country, city, suburbs or the middle of nowhere?
- What kind of home would you live in - e.g. apartment, small, big, beach house, condo, row house, loft?
- What style would your home be decorated in?
- What would having a family look like? Would you get married/stay married? How many children do you want?
- What would being married/in partnership ideally look like? What are your hopes and desires for your relationship?
- What kind of mother would you be?
- Would you be a stay-at-home mom or work outside the home?
- What would home life and family time ideally look like?

Relationships:

- Who would be in your inner circle, part of your tribe?
- How would you ideally spend time/connect/socialize with your tribe, friends & extended family?
- How would you celebrate special occasions?
- What would having a support network/system look like?
- What kind of a friend would you be?
- What kind of friends and friendships do you want?
- Would you have lot of friends or prefer just having a few really intimate friends?

Money:

- What would be your ideal income?
- What's your number? How much money do you want in your bank account/savings/retirement? What number do you need to reach to live comfortably now? In retirement?
- What does true wealth/prosperity ideally mean and look like to you?
- What does financial empowerment ideally feel and look like to you?

- What would you like to own, collect, invest in? In other words, if money were not an issue how would you want to live your life? How would you spend your money? Do you give it away? Hoard it? Spend freely? Do you live a luxurious or a frugal lifestyle?

Play + Pleasure:

- What would you do for fun, play and pleasure in your idea life? What hobbies, interests, or projects would you focus on? How would you spend your leisure time?
- If you could go anywhere in the world, where would you go?
- What fun, cool, possibly once in a lifetime experiences would you love to have?
- What new adventure would you love to experience? What do you want to learn or do just for the joy or adventure of it? What new projects or passions do you want to pursue in your free time?
- What favorite childhood memories do you want to relive?

Personal Style:

- What would be your personal style? How would you express it? What would be your signature thing? A hat you wear, a perfume, a piece of jewelry? Colors?
- What qualities do you want to express? What image do you want to convey?

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