

25 Questions and Exercises for Self-Reflection

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1. What qualities of character and accomplishments do you feel good about in your own life?
2. What blessings have you received from your parents and family?
3. If you could change anything about how you were raised, what would it be?
4. List who influenced your life significantly. Write a letter to one of them.
5. Which living person do you most admire?
6. Describe a conversation or event when you made a difference.
7. Describe a defining moment when something happened or was said that altered your life.
8. Describe a time when you had a setback and then demonstrated resilience and were able to “shake it off.”
9. Have you had experiences that made you re-evaluate your priorities? Did you follow up on your new insights and understanding?
10. What, if any, internal and external factors are stopping you from finding happiness?
11. Does concern over wealth and prestige take away from your overall experience of happiness? In what ways? How can this change?
12. Place a dot in the center of a sheet of unlined paper. Write your name beside the dot. Place dots on the sheet for each member of your family and your friends and write their names beside the dots. The dots (and names) should be placed according to the proximity these people currently are to your heart and mind—closer and further away from your dot in the center. Now in a different color pen or pencil place the dots (and names) where you would like them to be. Perhaps some will be off the page and others who weren’t on the page will now be somewhere on the page. Who ended up closer to you? What steps will you take to make this a reality? Be specific, e.g. “I am going to start calling my sister every two weeks.”
13. Prepare a small post-it with the names of people who are close enough to you and see you enough that you trust their feedback. Keep the piece of paper in your wallet, if you like.
14. Divide several sheets of paper into two columns. On each sheet call the left column “good room,” and the right column “bad room.” Identify who have been the major influencers of your life—Dad, Mom, siblings, partners, ex-partners, bosses, etc. You will need a separate sheet for each of them. Find at least 3 things, for both the good column and the bad column, for each major influencer. Fill in the ones that come easily in one color pen and the ones that take you longer to fill in with a different color pen or pencil.
15. What things would you still like to do—your “bucket list?”
16. What keeps you from doing those things?
17. Describe your life five years from now if everything goes well.
18. If you knew that in one year you would die suddenly, what would change about the way you are now living?

19. What one line would you like to have written on your tombstone?
20. Write down all the things you have lost this lifetime. Did you lose your trust? Your safety? Your dignity? Did you lose someone you loved? Something you cherished?
21. Is there someone or ones you need to forgive? If so, write to one.
22. Is there someone or ones from whom you need to request forgiveness? If so, write to one or more (you may decide to send letter or letters, or not).
23. From the perspective of "Higher Power" (whatever this may be for you) write a letter of forgiveness to yourself.
24. What concerns do you have about the world?
25. If you could start any kind of foundation or charity to help others,
 - a) What kind of work would your foundation be undertaking?
 - b) What would its primary mission be?
 - c) Write a mission statement of 12 words or less

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