

Fearless Femme

IGNITE YOUR COURAGE
EMBRACE ADVENTURE

70+ Self Reflection Questions

FOR GROWTH & HEALING



1. What do I need to let go of today and why?
2. What am I grateful for right now?
3. What does my ideal day look like from morning to night?
4. What do I like most about my life?
5. What's something that has been on my mind a lot lately?
6. What do I want my life to look like in three years?
7. What beliefs are holding me back from living my dream life?
8. What's the root of my most recurrent feeling?
9. What is something I need more of in my life right now? Why?
10. What is something I need less of in my life? Why?
11. What makes me feel powerful and lit up?
12. What does success mean to me?
13. What is one thing I am proud of myself for today?
14. What do I need most to heal right now?
15. What would I do if I wasn't so afraid of failing?
16. What's the most important thing to me right now?
17. What do I need to forgive myself for?
18. What is my top goal right now? What is the first action I need to take?
19. Can I list 5 of my favorite things about myself? What are they?
20. Am I holding on to any past hurt that is preventing me from progressing?
21. How can I improve my daily habits and routines?
22. List 10 things that make me happy...
23. What do I value in relationships?
24. What makes me feel useful and like I am helping others?
25. How can I add more fun into my daily life?
26. What brings me genuine joy?
27. What wild thing or things would I like to try?
28. What makes me feel nourished on every level? (Mind, Body, Soul)
29. How do I add value to the world and those around me?
30. How can I show myself more love?
31. If there was a solution to your anxiety, how would it look like?
32. Why are you worth knowing?
33. What is something I am learning about myself?
34. How can I make tomorrow better than today?
35. Who are you most inspired by and why?
36. What piece of advice would you give your teenage self?
37. What piece of advice would you give to someone in your exact situation?
38. What habits or behaviors do I want to change or develop?

39. What does your heart yearn for?
40. Is there something I always wanted to do or say but didn't because I lacked courage?
41. What is the most valuable life lesson you've been taught?
42. Do you have an idea of your next steps in life, big or small?
43. Who is your support system?
44. This experience has taught me...
45. List three ways you can extend yourself love and grace today...
46. Come up with a mantra or affirmation you can say to yourself when a wave of grief comes on.
47. List three things that always make you feel good, even when things feel hard.
48. Name a few things you do that you know aren't good for your mental health, especially during this season, and write through how you can engage with them less...
49. Do I feel comfortable asking for help? Why or why not?
50. What is something that is draining my energy?
51. What is something that has been giving me energy?
52. What questions am I having a hard time letting go of?
53. What are 3-5 short term goals I have?
54. Identify a few things that I can change and a few that I can't.
55. What are my biggest insecurities and how can I work on accepting them?
56. Describe a personal challenge I have overcome and how it's shaped my character?
57. How have I changed through this situation?
58. What have I gained from this situation?
59. Is there something I feel like I should have done differently and why? How does this help me moving forward?
60. What has been my biggest lesson in this season?
61. Are there any boundaries I need to set with myself or others?
62. Looking back on this season, how do I want to feel about it?
63. What do I want others to say about me regarding how I handled this situation?
64. What is something or some things I am looking forward to?
65. What emotions do you try to avoid? Why?
66. What are my dreams and aspirations for the next year?
67. What are things you are doing right now that are making you unhappy?
68. I am happiest when...
69. What will make my life worthwhile?
70. What failure have I experienced that turned into a blessing?
71. What makes a life good?
72. What is one secret feeling I haven't admitted to myself and how can I release it?