

Name _____

The Adventure of Self-Discovery

Open-Ended Response Questions

1. Share a personal experience where knowing yourself made a significant difference in a decision you had to make. How did self-awareness help you in that situation?
2. Imagine you've just started a new hobby or activity you've always been curious about. Describe how this new experience has contributed to your self-discovery and what you've learned about yourself in the process.
3. Discuss a time when you received feedback from someone close to you that surprised you. How did this feedback lead to a deeper understanding of yourself, and what changes, if any, did you make based on that feedback?
4. Reflect on your short-term and long-term goals. How do these goals reflect your values and who you want to become? How can knowing yourself better help you achieve these goals?

