

Self-Discovery Cards

Self-Discovery



Self-Discovery

104 CARDS

Self-Discovery

THESE 104 CARDS ARE DESIGNED TO USE IN A GROUP SETTING BUT CAN ALSO BE USED AS JOURNAL PROMPTS OR IN INDIVIDUAL THERAPY SESSIONS. SELF-DISCOVERY TOPICS INCLUDE GOALS, ASPIRATIONS, EMOTIONS, RELATIONSHIPS, CAREER/EDUCATION, STRENGTHS/WEAKNESSES, LEISURE, VALUES, AND MORE

Self-Discovery

IF YOU PLAN ON USING A LAMINATOR, YOU'LL FIND PRINTABLE BACKS FOR THE CARDS ON THE LAST PAGE.

Self-Discovery

ARE YOU DOING WHAT YOU
TRULY WANT IN LIFE? WHY
OR WHY NOT?

Self-Discovery

WHAT ARE YOUR GREATEST
ASPIRATIONS IN LIFE?

Self-Discovery

HOW MANY PROMISES HAVE
YOU MADE THIS PAST YEAR
AND HOW MANY OF THEM
HAVE YOU FULFILLED?

Self-Discovery

ARE YOU PROUD OF WHAT
YOU'RE DOING WITH YOUR
LIFE RIGHT NOW? EXPLAIN.

Self-Discovery

HAVE YOU EVER ABANDONED
A CREATIVE IDEA YOU
BELIEVED IN BECAUSE
OTHERS THOUGHT YOU
WERE A FOOL? EXPLAIN.

Self-Discovery

WHAT WOULD YOU
PREFER? STABLE BUT DULL
WORK OR INTERESTING
WORK WITH LOTS OF
RESPONSIBILITY AND/OR
PRESSURE?

Self-Discovery

ARE YOU MAKING AN
IMPACT OR CONSTANTLY
BEING INFLUENCED BY THE
WORLD? EXPLAIN.

Self-Discovery

WHICH MAKES YOU
HAPPIER: TO FORGIVE
SOMEONE OR TO HOLD A
GRUDGE? EXPLAIN.

Self-Discovery

WHO IS SOMEONE YOU
ADMIRE AND WHY?

Self-Discovery

WHAT ARE YOUR
STRENGTHS? (NAME AT
LEAST FIVE.)

Self-Discovery

WHAT ARE YOUR
WEAKNESSES (I.E., AREAS
FOR GROWTH)? (NAME AT
LEAST THREE.)

Self-Discovery

ARE YOU DOING ANYTHING
THAT MAKES YOU AND
PEOPLE AROUND YOU
HAPPY? EXPLAIN.

Self-Discovery

TELL ABOUT A SHORT-TERM
GOAL YOU HAVE
(SOMETHING YOU PLAN ON
ACCOMPLISHING WITHIN
THE NEXT WEEK).

Self-Discovery

TELL ABOUT A HEALTH GOAL
YOU HAVE.

Self-Discovery

TELL ABOUT A LONG-TERM
GOAL YOU HAVE
(SOMETHING YOU PLAN ON
ACCOMPLISHING WITHIN
THE NEXT FEW YEARS).

Self-Discovery

TELL ABOUT A VALUE THAT
IS CURRENTLY IMPORTANT
TO YOU.

Self-Discovery

WHAT DO YOU LIKE MOST
ABOUT YOURSELF?

Self-Discovery

WHAT DO YOU LIKE LEAST
ABOUT YOURSELF?

Self-Discovery

WHAT IN LIFE BRINGS YOU
JOY?

Self-Discovery

WHAT ARE YOU GRATEFUL
FOR?

Self-Discovery

WHO IS THE MOST
INFLUENTIAL PERSON IN
YOUR LIFE AND WHY?

Self-Discovery

TELL ABOUT ONE DREAM
YOU HAVE ALWAYS HAD BUT
ARE TOO AFRAID TO CHASE.

Self-Discovery

WHAT IS SOMETHING YOU
WANT TO CHANGE ABOUT
YOURSELF AND WHAT ARE
TWO THINGS YOU CAN DO
TO ACCOMPLISH THIS?

Self-Discovery

DESCRIBE YOUR PERFECT
WORLD. (WHO WOULD BE
IN IT, WHAT YOU WOULD BE
DOING, ETC.)

Self-Discovery

HAVE YOU EVER FAILED
ANYONE WHO YOU LOVED
OR LOVED YOU? EXPLAIN.

Self-Discovery

WHO IS YOUR FAVORITE
PERSON RIGHT NOW?

Self-Discovery

WHAT WAS IT LIKE
GROWING UP IN YOUR
FAMILY?

Self-Discovery

WHAT MAKES SOMEONE A
GOOD FRIEND? ARE YOU A
GOOD FRIEND?

Self-Discovery

WHAT HAPPENS WHEN
YOU'RE REJECTED? (HOW
DO YOU FEEL, RESPOND,
ETC.)

Self-Discovery

WHAT MAKES A
RELATIONSHIP HEALTHY OR
UNHEALTHY?

Self-Discovery

WOULD YOU RATHER BREAK
SOMEONE'S HEART OR HAVE
YOUR HEART BROKEN?

Self-Discovery

AS A CHILD, WHAT DID YOU
WANT TO BE WHEN YOU
GREW UP?

Self-Discovery

TELL ABOUT SOMETHING
YOU DO WELL.

Self-Discovery

WHAT'S YOUR DREAM
JOB? WHY?

Self-Discovery

WHAT ARE YOUR
EDUCATIONAL,
EMPLOYMENT, OR CAREER
GOALS?

Self-Discovery

TELL ABOUT A JOB YOU
WOULD HATE DOING.

Self-Discovery

DO YOU PREFER TO WORK
WITH PEOPLE OR BY
YOURSELF?

Self-Discovery

WOULD YOU EVER DO A JOB
THAT WAS DANGEROUS IF IT
PAID A LOT OF MONEY?

Self-Discovery

WOULD YOU STILL WORK IF
YOU DIDN'T HAVE TO?
EXPLAIN.

Self-Discovery

WHAT DO YOU WANT TO
DO WHEN YOU RETIRE?

Self-Discovery

HOW DO YOU DEAL WITH
DIFFICULT CO-WORKERS,
BOSSES, CLASSMATES, OR
TEACHERS?

Self-Discovery

WHAT QUALITIES WOULD
YOU LIKE YOUR
BOSS/TEACHER TO HAVE?

Self-Discovery

WHEN WAS THE LAST TIME
YOU LAUGHED, AND WHAT
DID YOU LAUGH AT?

Self-Discovery

IF HAPPINESS WAS A
CURRENCY, HOW RICH
WOULD YOU BE?

Self-Discovery

WHICH IS MORE
IMPORTANT: LOVE OR
FREEDOM?

Self-Discovery

HOW DO YOU EXPRESS
HAPPINESS?

Self-Discovery

WHAT ARE THREE HEALTHY
WAYS YOU CAN COPE WITH
ANGER?

Self-Discovery

WHAT ARE THREE HEALTHY
WAYS YOU CAN COPE WITH
ANXIETY?

Self-Discovery

WHAT DOES BEING HAPPY
MEAN TO YOU?

Self-Discovery

IF YOUR MOOD WAS A
WEATHER FORECAST, WHAT
WOULD IT BE?

Self-Discovery

TELL ABOUT A TIME YOU
WERE TRULY HAPPY.

Self-Discovery

TELL ABOUT A TIME YOU
WERE HEARTBROKEN.

Self-Discovery

WHAT DOES IT FEEL LIKE TO
BE BETRAYED? HAVE YOU
BETRAYED ANYONE?
EXPLAIN.

Self-Discovery

WHAT IS THE DIFFERENCE
BETWEEN GUILT AND
SHAME?

Self-Discovery

IS GUILT A HEALTHY
EMOTION?

Self-Discovery

HOW DO YOU KNOW IF
YOUR GUILT IS EXCESSIVE?

Self-Discovery

IS THERE A SUCH THING AS
"HEALTHY" SHAME?

Self-Discovery

WHAT MAKES YOU HAPPY?
WHY?

Self-Discovery

WHAT MAKES YOU MAD?
WHY?

Self-Discovery

WHEN DO YOU FEEL
AFRAID? WHY?

Self-Discovery

WHEN DO YOU FEEL THE
LONELIEST? WHY?

Self-Discovery

SHARE ABOUT A TIME YOU
FELT GUILTY. WAS IT
RESOLVED?

Self-Discovery

WHAT ARE SOME THINGS
THAT EMBARRASS YOU?

Self-Discovery

HOW DOES ONE PRACTICE
FORGIVENESS (OF SELF AND
OTHERS) FROM A
RELIGIOUS POINT OF VIEW
AND FROM A NON-
RELIGIOUS POINT OF VIEW?

Self-Discovery

WHAT DOES IT MEAN TO
FORGIVE?

Self-Discovery

DO YOU HAVE TO FORGIVE
TO MOVE FORWARD?
EXPLAIN.

Self-Discovery

WHAT BRINGS YOU
MEANING IN LIFE?

Self-Discovery

HOW DO YOU DEFINE
SPIRITUALITY?

Self-Discovery

WHAT'S THE DIFFERENCE
BETWEEN RELIGION AND
SPIRITUALITY?

Self-Discovery

WHEN DO YOU FEEL MOST
AT PEACE?

Self-Discovery

DO YOU MEDITATE OR
PRACTICE MINDFULNESS?
WHY OR WHY NOT?

Self-Discovery

WHAT DO YOU LIKE TO DO
FOR FUN AND/OR WHAT ARE
YOUR HOBBIES?

Self-Discovery

WHAT IS THE WORST
ADVICE YOU'VE EVER
RECEIVED? GIVEN?

Self-Discovery

DO YOU PREFER DINING
OUT OR EATING IN?

Self-Discovery

WHAT DO YOU DO TO STAY
PHYSICALLY FIT?

Self-Discovery

WHAT DO YOU DO WHEN
YOU CAN'T FALL ASLEEP?

Self-Discovery

WHAT'S SOME OF THE BEST
FINANCIAL ADVICE YOU'VE
RECEIVED?

Self-Discovery

DO YOU HAVE A SAVINGS
ACCOUNT? IF SO, DO YOU
SET ASIDE MONEY ON A
REGULAR BASIS? HOW
MUCH?

Self-Discovery

WHAT'S SOME OF THE BEST
ADVICE YOU'VE EVER
RECEIVED?

Self-Discovery

WHAT'S SOME OF THE BEST
ADVICE YOU'VE GIVEN?

Self-Discovery

IF YOU COULD TRAVEL TO
THE PAST IN A TIME
MACHINE, WHAT ADVICE
WOULD YOU GIVE TO THE
6-YEAR-OLD YOU?

Self-Discovery

WOULD YOU BREAK THE
RULES BECAUSE OF
SOMETHING/SOMEONE YOU
CARE ABOUT?

Self-Discovery

ARE YOU AFRAID OF MAKING
MISTAKES? WHY OR WHY
NOT?

Self-Discovery

IF YOU CLONED YOURSELF,
WHICH OF YOUR
CHARACTERISTICS WOULD
YOU NOT WANT CLONED?

Self-Discovery

WHAT'S THE DIFFERENCE
BETWEEN YOU AND MOST
OTHER PEOPLE?

Self-Discovery

DESCRIBE YOUR
PERSONALITY IN 3-5
WORDS.

Self-Discovery

CONSIDER THE THING YOU
LAST CRIED ABOUT; DOES IT
MATTER TO YOU NOW OR
WILL IT MATTER TO YOU 5
YEARS FROM NOW?

Self-Discovery

WHAT (OR WHO) DO YOU
NEED TO LET GO OF IN
LIFE?

Self-Discovery

REFLECT ON A PERSON YOU STRONGLY DISLIKED 10 YEARS AGO? DO YOU FEEL THE SAME? DOES IT STILL MATTER?

Self-Discovery

WHAT ARE YOU WORRYING ABOUT AND WHAT HAPPENS IF YOU STOP WORRYING ABOUT IT?

Self-Discovery

IF YOU WERE TO DIE NOW, WOULD YOU HAVE ANY REGRETS? EXPLAIN.

Self-Discovery

WHAT'S THE ONE THING IN LIFE YOU'RE MOST SATISFIED WITH RIGHT NOW?

Self-Discovery

IF TODAY WAS THE END OF THE WORLD, WHAT WOULD YOU DO?

Self-Discovery

WHAT WOULD YOU DO IF YOU WON THE LOTTERY?

Self-Discovery

WHAT WOULD YOU DO WITH THREE WISHES? (NO WISHING FOR WISHES!)

Self-Discovery

IF YOU COULD CHANGE ONE THING ABOUT YOURSELF, WHAT WOULD IT BE? (IF APPLICABLE, IS THE ANSWER YOU SHARED WITH THE GROUP THE TRUTH?)

Self-Discovery

HOW DO YOU THINK
OTHERS SEE YOU?

Self-Discovery

HOW DO YOU WANT
OTHERS TO SEE YOU?

Self-Discovery

HOW DO YOU GET
SOMEONE'S ATTENTION?

Self-Discovery

WHICH EMOTIONS ARE THE
EASIEST FOR YOU TO
EXPRESS? THE MOST
DIFFICULT? EXPLAIN.

Self-Discovery

TELL ABOUT A POOR
DECISION YOU MADE. WHAT
HAPPENED AND WHAT WERE
THE CONSEQUENCES?

Self-Discovery

WHEN IS THE LAST TIME
YOU FAILED AT
SOMETHING? HOW DID
YOU HANDLE IT?

Self-Discovery

WHAT ARE YOUR MOST
IMPORTANT VALUES? ARE
YOU LIVING YOUR LIFE
ACCORDINGLY?

Self-Discovery

WHAT HISTORICAL FIGURE
WOULD YOU TRADE PLACES
WITH AND WHY?

Self-Discovery



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