Self-Discovery Cards

104 Cards

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.

If you plan on using a laminator, you'll find printable backs for the cards on the last page.

Mind Remake Project 2023
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?

What are your strengths? (Name at least five.)

What are your weaknesses (i.e., areas for growth)? (Name at least three.)

Are you doing anything that makes you and people around you happy? Explain.

Tell about a short-term goal you have (something you plan on accomplishing within the next week).

Tell about a health goal you have.

Tell about a long-term goal you have (something you plan on accomplishing within the next few years).

Tell about a value that is currently important to you.
What do you like most about yourself?
What do you like least about yourself?
What in life brings you joy?
What are you grateful for?
Who is the most influential person in your life and why?
Tell about one dream you have always had but are too afraid to chase.
What is something you want to change about yourself and what are two things you can do to accomplish this?
Describe your perfect world. (Who would be in it, what you would be doing, etc.)
Have you ever failed anyone who you loved or loved you? Explain.

Who is your favorite person right now?

What was it like growing up in your family?

What makes someone a good friend? Are you a good friend?

What happens when you’re rejected? (How do you feel, respond, etc.)

What makes a relationship healthy or unhealthy?

Would you rather break someone’s heart or have your heart broken?

As a child, what did you want to be when you grew up?
Self-Discovery

Tell about something you do well.

What’s your dream job? Why?

What are your educational, employment, or career goals?

Tell about a job you would hate doing.

Do you prefer to work with people or by yourself?

Would you ever do a job that was dangerous if it paid a lot of money?

Would you still work if you didn’t have to? Explain.

What do you want to do when you retire?
How do you deal with difficult co-workers, bosses, classmates, or teachers?

What qualities would you like your boss/teacher to have?

When was the last time you laughed, and what did you laugh at?

If happiness was a currency, how rich would you be?

Which is more important: Love or freedom?

How do you express happiness?

What are three healthy ways you can cope with anger?

What are three healthy ways you can cope with anxiety?
What does being happy mean to you?

If your mood was a weather forecast, what would it be?

Tell about a time you were truly happy.

Tell about a time you were heartbroken.

What does it feel like to be betrayed? Have you betrayed anyone? Explain.

What is the difference between guilt and shame?

Is guilt a healthy emotion?

How do you know if your guilt is excessive?
Self-Discovery

Is there a such thing as "healthy" shame?

What makes you happy? Why?

What makes you mad? Why?

When do you feel afraid? Why?

When do you feel the loneliest? Why?

Share about a time you felt guilty. Was it resolved?

What are some things that embarrass you?

How does one practice forgiveness (of self and others) from a religious point of view and from a non-religious point of view?
What does it mean to forgive?

Do you have to forgive to move forward? Explain.

What brings you meaning in life?

How do you define spirituality?

What's the difference between religion and spirituality?

When do you feel most at peace?

Do you meditate or practice mindfulness? Why or why not?

What do you like to do for fun and/or what are your hobbies?
What is the worst advice you've ever received?

Do you prefer dining out or eating in?

What do you do to stay physically fit?

What do you do when you can't fall asleep?

What's some of the best financial advice you've received?

Do you have a savings account? If so, do you set aside money on a regular basis? How much?

What's some of the best advice you've ever received?

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?)
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<tbody>
<tr>
<td><strong>How do you think others see you?</strong></td>
<td><strong>How do you want others to see you?</strong></td>
<td><strong>How do you get someone’s attention?</strong></td>
<td><strong>Which emotions are the easiest for you to express? The most difficult? Explain.</strong></td>
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<tr>
<td><strong>Tell about a poor decision you made. What happened and what were the consequences?</strong></td>
<td><strong>When is the last time you failed at something? How did you handle it?</strong></td>
<td><strong>What are your most important values? Are you living your life accordingly?</strong></td>
<td><strong>What historical figure would you trade places with and why?</strong></td>
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