

Self-Discovery Cards

Self-Discovery



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 ICEBREAKERS, GOALS, ASPIRATIONS, EMOTIONS, RELATIONSHIPS, CAREER/EDUCATION, STRENGTHS/WEAKNESSES, LEISURE, VALUES, AND MORE.

Self-Discovery

ABOUT THE AUTHOR

CASSIE JEWELL HAS A MASTER'S DEGREE IN COUNSELING AND IS LICENSED AS A PROFESSIONAL COUNSELOR AND SUBSTANCE ABUSE TREATMENT PRACTITIONER. SHE IS THE CREATOR OF THE SITE MIND REMAKE PROJECT, WHERE YOU CAN FIND ADDITIONAL FREE CLINICAL TOOLS.

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
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 OF THE
THINGS THAT EMBARRASS
YOU THE MOST?

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? WHY?

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 COULD CLONE YOURSELF, WHICH 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. DO YOU THINK OTHERS WOULD DESCRIBE YOU SIMILARLY?

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? THE LEAST SATISFIED?

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?

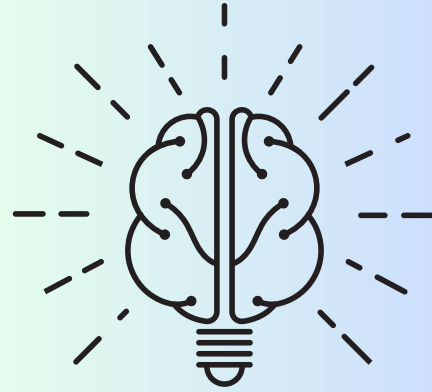
Self-Discovery



Self-Discovery



Self-Discovery



Self-Discovery



Self-Discovery



Self-Discovery



Self-Discovery



Self-Discovery

