

# All About Me Worksheet for Adults

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender: \_\_\_\_\_ Date: \_\_\_\_\_

This worksheet is a self-discovery tool designed for adults. It aims to promote self-awareness and personal reflection, helping you understand and articulate various aspects of your identity and experiences.

## Personal background

Where were you born and raised?

What is your earliest memory?

Describe your family dynamic growing up.

## Education and career

What level of education have you completed?

Describe your current job or career path.

What is your dream job?

## Interests and hobbies

List your hobbies and interests.

What activities make you lose track of time?

Describe a talent or skill you're proud of.

### **Values and beliefs**

What values are most important to you?

How do your beliefs shape your daily life?

Describe a life lesson that has been significant to you.

### **Relationships and social life**

Describe your current social circle.

How do you usually meet new people?

What qualities do you value in a friend or partner?

### **Goals and aspirations**

What are your short-term goals?

Describe a long-term aspiration you have.

What steps are you taking to achieve these goals?

### **Challenges and growth**

What challenges have you recently faced?

How did you overcome these challenges?

Describe a personal growth experience. What experience forced or encouraged you to grow as a person?

### **Health and wellness**

How do you maintain physical health?

Describe your mental health care practices. How do you maintain your mental wellness?

What does 'well-being' mean to you?

### **Health professional's observations, recommendations, and notes**