

# All About Me Worksheet for Adults

Name:

Age:

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.**

**Health and Wellness**

**How do you maintain physical health?**

**Describe your mental health care practices.**

**What does 'well-being' mean to you?**

**Health Professional's Observations, Recommendations, and Notes**

**Name of Health Professional and Signature:**

**Name of Practice:**