

Self Discovery Worksheets for Adults

Name:

Age:

Date:

This worksheet facilitates self-discovery and personal growth. Answer the questions below with complete honesty for better insight into yourself.

Exploring Personal Identity

Describe your personality, interests, and values.

List significant life events or people that have shaped who you are.

Understanding Values and Beliefs

List your core values.

Describe beliefs that influence your daily decisions.

Emotional Awareness

Identify common emotions you experience.

What situations or events trigger these emotions?

Strengths and Weaknesses

List your strengths and how they benefit you.

Identify your weaknesses and areas you want to improve.

Goals and Aspirations

Define your short-term goals.

Describe your long-term aspirations and dreams.

Reflection on Past Experiences

Reflect on a past experience and what you learned from it.

Describe how you dealt with a challenging situation.

Planning for the Future

Envision where you see yourself in the future.

Outline steps to achieve your goals.

Health Professional's Observations and Details

Observations and Recommendations:

Name of Health Professional and Signature:

Name of Practice