

Self-Reflection Guide

One Step Towards the life you deserve.

Self-Awareness Questions

1. **Self-Reflection** — What part of your life feels the most out of alignment right now?
2. **Inner Patterns** — What patterns keep repeating for you emotionally or relationally?
3. **Personal Clarity** — What do you need more of in this season — clarity, confidence, peace, or direction?

Emotional Wellness Questions

1. **Emotional Check-In** — When was the last time you felt emotionally supported?
2. **Resilience Audit** — Are you functioning or actually thriving?
3. **Stress Awareness** — What situations drain you the most, and why?

Relationship & Communication Questions

1. **Communication Insight** — How do you typically respond during conflict — shut down, react, avoid, or over-explain?
2. **Connection Needs** — *What relationships in your life need healing, boundaries, or clarity?*
3. **Support Systems** — *Who pours into you the way you pour into others?*

Goal Alignment Questions

1. **Life Direction** — *What goals have been sitting on your heart that you haven't acted on yet?*
2. **Purpose Check** — *What would your life look like if you were fully aligned with your purpose?*

permission of Shining Bright Consulting.