

Who Are You?

This assessment will reveal just how well you know – and don't know yourself.

Personal Questions: Who Are You?

What were the three most positive events in your childhood?

Why were they significant to you?

What changed inside of you, as a result of those events?

What beliefs did you adopt as a result?

How do those events affect you today?

What were the three most negative events in your childhood?

Why were those three significant? What changed inside you as a result of those events?

What beliefs did you adopt as a result?

How do those events affect you today?

What period of your life did you like the most?

What was it about that time that you enjoyed so much?

What period of your life did you like the least?

What was it about that time that you disliked so much?

What are five of your greatest strengths?

Are you using all five of those strengths in your life today?

If so, when?

If not, why not?

What are three of your greatest weaknesses?

Which of those three are causing the most trouble in your life today?

Does this cause problems for you or for others?

In what specific ways would your life change if this weakness didn't exist?

If you were to receive an award, what would you want that award to represent?

Why that specific award?

Who are two people you most admire?

What three characteristics do they possess that you admire?

Do you have any of those characteristics?

What two personal accomplishments fill you with the greatest sense of pride?

How often do you think about these accomplishments?

Which of your skills or talents give you the greatest sense of pride?



What are two potential life situations that cause you to feel the most fear?

Why are those situations particularly troubling?

What would it mean if they actually happened?

Do you believe you would be capable of handling either of the situations if they happened?

Why or why not?

What are the top three physical qualities you really like about yourself?

Have you always liked these physical qualities or have you recently learned to appreciate them?

What are the top three activities that you love to do?

How often do you do them?

If you would like to do them more often, what is stopping you?

What specific changes would you need to make in order to engage in these activities more frequently?

What is one specific situation where you feel the most angry or frustrated?

What are some of the core components of that situation?

What beliefs do you have about that situation that contributes to your anger or frustration?

What are three specific situations where you feel the happiest?

What are some of the core components of those situations?

How often do these situations happen in your life?

What specific changes could you make to have these situations happen more frequently?

What are three things you believe you need in order to have a great life?

Why are those three things significant to you?

Do you believe you can have those three things now?

Why or why not?

Do you see any pattern to the answers you gave above?

If so, what is the pattern?

Is there a general theme to your life, based on your answers?

If so, what would that theme be?



Social Questions: Who Are You Around People?

What types of people do you enjoy spending time with?

Why do you enjoy those specific qualities in people?

Do you have many of those same qualities?

Do you have many friends who have the qualities you just described?

Why or why not?

Do you seek out people who are similar or different from you?

Why is that?

How many close friends do you want to have?

Why that number?

What are two of your most favorite activities that you enjoy doing with others?

Where have you met most of the friends you currently have?

What can you learn about yourself by looking at where you met those friends?

Why are you still friends with those individuals?

How do you handle disagreements with others?

How do you want others to behave when there's a disagreement?

Do you want to behave similarly?

In what three situations do you find it difficult to tell the truth?

What are you afraid might happen if you told the truth in those situations?

In what three situations do you feel the most free to be totally honest and authentic?

What is it about those situations that encourage your honesty?

What qualities do you dislike in others?

Which of those qualities do you yourself have?

Do you judge yourself harshly for having those qualities?

What qualities do you envy in others?

Why do you want to have those qualities?

What specific difference would it make to your life?

What kind of impression do you try to make on others?

What specific things do you say or do to make this impression?

Are there any specific people or groups you do this with more often?

Why those particular people or groups?

What is the one secret you can never imagine telling anyone?

Is there anything you do or say in your life right now to keep the secret safe?



What do you think would happen if people found out?
How would you handle that situation?
If you don't think you could handle the situation, why or why not?

Whose approval do you seek the most?

Why that person?
If you don't feel that you already have their approval, what would change for you if you did?
If you never get their approval, how would you feel?

What is the single biggest attitudinal change you'd like to make when you interact with others?

What specific thing could you do to make that change?

Do you see any pattern to the answers you gave above?

If so, what is the pattern?

Is there a general theme to your social life, based on your answers?

If so, what would that theme be?



Relationship Questions: Who Are You In Relationships?

If NOT currently in a romantic relationship...

What is your definition of love? (not based on Dictionary)

What are your primary beliefs about love?

Where/when did you acquire those beliefs?

Are you still satisfied with your beliefs or do you want to change them?

Why or why not?

What qualities or behaviors does your lover need to have in order for you to feel the most loving toward them?

Why are those qualities or behaviors significant to you?

What are three qualities or behaviors in a lover where you feel the most loved by them?

What do those qualities or behaviors mean to you?

Why those three qualities?

What two physical characteristics do you want in a lover?

What specific personality characteristics do you want in a lover?

Why do you want those characteristics in a lover? How would you benefit if your lover had those qualities?

Which of those characteristics are deal-breakers (your partner must have them or you won't be in the relationship)?

How would you feel if you never found a person for a long-term relationship?

Could you have a fulfilling life without a significant relationship?

Why or why not?

Describe a lifestyle you could get really excited about living without a partner.

What type of work would you be doing?

What would your social life look like?

What kind of activities would you do?

What is one step you could take today to start creating that life?

If currently in a marriage/partnership...

What is your definition of love? (not based on a dictionary)

What are your primary beliefs about love?

Where/when did you acquire those beliefs?



Are you still satisfied with your beliefs or do you want to change them?
Why or why not?

In what situations do you feel the most love for your partner?

Why those situations?

How are you feeling about yourself in these situations?

In what situations do you feel the most loved by them?

What those situations?

How are you feeling about yourself in these situations?

Are you mostly happy in your current relationship?

Why or why not?

What is the single biggest problem you see in the relationship?

Is this something within your power to change?

Why or why not?

What are three behaviors you wish your partner would change?

Why are those three behaviors important to you?

Would you stay in the relationship if you knew your partner was never going to change any of those behaviors?

Why or why not?

What did you appreciate about this person when you first met them?

Do you still appreciate those things?

What do you appreciate about them now?

Why are those qualities important to you?

What is the single biggest attitudinal change you could make that would enhance your relationship?

When you imagine making that change, how do you feel?

Do you see any pattern to the answers you gave above?

If so, what is the pattern?

Is there a general theme to your relationship, based on your answers?

If so, what would that theme be?



Financial Questions: What Do You Believe About Money?

What are three beliefs your parents or guardians had about money?

Which of those beliefs did you adopt?

How do those beliefs affect your behavior with money now?

Would you like to change those beliefs?

Why or why not?

What are some of your earliest memories associated with money?

Are they positive or negative memories?

What does money represent to you?

Why is that?

What two situations make you feel the most anxious about money?

What specifically is it about those situations that causes you anxiety?

What beliefs are you holding about those situations?

If what you fear was to happen, would you be capable of handling it?

Why or why not?

What two situations where you feel wonderful about money?

What specifically is it about those situations that causes you to feel good?

What beliefs are you holding about those situations?

How often are you in those situations?

How much money do you want to make a year?

Why that amount?

What would change in your life if you made less than that amount?

What would change in your life if you made more than that amount?

If you won a million dollars, what would you do with it?

How did you feel imagining you had that much money?

Do you see any pattern to the answers you gave above?

If so, what is that pattern?

Based on your answers, what is the general theme to your relationship with money?



Career Questions: What Type of Work Do You Love?

What is your definition of success? (your definition- not the dictionary)

How many different lines of work have you done? What were they?

Which of those jobs did you like the least?

What was it about that job that you disliked?

Which of those jobs did you like the best?

What was it about that job that you liked?

If employed now, how did you end up in your current line of work?

What does the way you got into this job say about you?

What kinds of activities did you love to do as a child?

Do you do anything in your life today that is similar?

If not, what types of things could you incorporate into your personal or professional life to align with those favorite pastimes?

What were your favorite subjects in school?

Why did you like those subjects?

What are you most interested in today?

What topics do you most enjoy discussing with your friends?

What is it you enjoy about those topics?

What hobbies or pastimes do you engage in where time seems to fly by?

What activities have you always done well?

What tasks do you think you could perform well but haven't tried yet?

If you were financially independent, what kind of work would you gladly do for free?

What are three aspects of this work that you really like?

How do you feel when you do this type of work?

What single action could you take to head towards this type of work?

How do you feel when you imagine yourself taking that action?

If good, will you take that action?

If bad, what are you most afraid will happen if you did?

What has stopped you from pursuing the type of work you love?

What needs to change for you to be able to pursue the work you love?

If you knew without a shadow of a doubt that you could not fail, what job would you most want?



Do you believe you could support yourself doing this type of work?
Why or why not?

Spiritual Questions: What Do You Believe About God?

Do you believe that God created the universe?

If not, how do you believe the universe came to be?

Why do you believe that?

If you believe that God created the universe, why do you hold that belief?

What religion were you raised to believe?

Are you part of that religion today?

If yes, why did you stay in that religion?

If no, why did you leave that religion?

What are three significant beliefs your parents or guardians had about God?

Which of those beliefs did you adopt and why?

Which of those beliefs did you reject and why?

If you believe in God, what are three characteristics you believe God possesses?

Why do you believe that?

Do you like those three characteristics?

Why?

Do you dislike those three characteristics?

Why?

If you believe in God, how would you describe your relationship with this God?

Is it the relationship you want?

Why or why not?

What are two specific situations where your spiritual beliefs affect your behavior?

Do you like or dislike the affect?

Why is that?

How often do you think about God?

How do you feel about that?

If you don't believe in God, do you follow a personal code of conduct?

If not, how do you make choices for yourself?

If yes, what is your code of conduct and why that particular code?



Who Do You Admire?

We can learn a lot about ourselves by looking at the people we admire.

STEP 1: Write down every person whom you admire and respect. It can be anyone — celebrity, politician, author, scientist, musician, philosopher, family member, friend, teacher, etc. They don't even have to be real. You can list fictional characters.

STEP 2: Next to each name, write the characteristics or qualities you like about that person.

STEP 3: After you have written your list for each person, go through the list of qualities and compile them into a condensed list.

STEP 4: Answer the following questions...

Which of those qualities do you already possess?

What is one quality you like to develop to greater degree?

What is one small action step you could take to develop that quality more in yourself?

Often, simply being aware of the qualities you want can bring them out.

Congratulations for taking this in-depth assessment. Are you surprised, inspired, concerned or confused by your answers? All of these? If so, you're not alone. Getting honest with ourselves takes courage and I'd love to help you take the next step so that you can be the woman you always wanted to be because the world needs the gift that is uniquely you!

If you'd like to benefit from my 18 years of coaching and mentoring women to step out of uncertainty and into confidence, then you'll want to [Click here](#) to schedule your EXPLORE|EXPAND|ENRICH complimentary session with me today!

Act now so you don't miss this amazing opportunity – a \$250 value. It's yours free when [you take action now!](#)

The world needs the gift that is uniquely you!





You only have one future, so make it the best you can imagine!

Susan