

Self-Discovery Worksheet

Take some time to reflect on your strengths, weaknesses, values, and skills. This self-discovery worksheet will help you gain a deeper understanding of yourself. Remember that self-discovery is an ongoing process, and you can revisit this worksheet periodically to track your personal growth and development.

Section 1: Strengths

STRENGTHS:

What are some of your natural talents and abilities?

What do others often compliment you on?

What tasks or activities come easily to you?

Strength 1:

Strength 2:

Strength 3:

Section 2: Values

VALUES:

What principles or beliefs guide your life?

What do you consider the most important aspects of life?

What values do you hold dear in your personal and professional life?

Value 1:

Value 2:

Value 3:

Section 3: Skills

SKILLS:

What are your areas of expertise or skills you've developed over time?

What technical skills do you possess?

What soft skills (communication, leadership, etc.) are your strengths?

Skill 1:

Skill 2:

Skill 3:

Section 4: Achievements and Notable Experiences

ACHIEVEMENTS

List some of your significant accomplishments in life.

These could be academic, professional, personal, or any area that you're proud of.

Achievement 1:

Achievement 2:

Achievement 3:

Notable Experiences:

Recall experiences that have had a lasting impact on you.

These could be travel, volunteer work, challenges you've overcome, etc.

Experience 1:

Experience 2:

Experience 3:

Section 5: Personal Attributes

UNIQUE ATTRIBUTES

Think about what sets you apart from others.

What personal attributes or quirks make you unique?

Unique Attribute 1:

Unique Attribute 2:

Unique Attribute 3:

Based on your reflections, summarize what you've learned about yourself.

Summary:

How can you use this self-discovery to improve your life or pursue your goals?