

SELF MASTERY



Check List and Questionnaire

The purpose of this questionnaire is to gain clarity about yourself and to get you to think about your life in ways that matter. It will give you confirmation about your strengths, and show you where you might want to add strength. In addition, it will ask questions you may not have considered. Self-knowledge is key to your self-mastery and fulfillment. (Use the back of this sheet or write your response on a separate piece of paper for the “because/about...” answers.)

- 1. I like the person I am becoming because...
- 2. I love my life because ...
- 3. I'm not satisfied with my life because...
- 4. I am excited and look forward to each day when I get up.
- 5. I know my life purpose and I am living it now.
- 6. I'm not sure about a “Life Purpose” and that seems like a lot of hooley to me.
- 7. I know what I am passionate about but I am not sure how to make a living at it.
- 8. I have goals for my life and have them written down.
- 9. I just take each day as it comes and hope for the best.
- 10. I don't have any goals, but I've been thinking about...
- 11. I am physically fit and my weight is just fine.
- 12. I am overweight, but I exercise and just need to eat less and better.
- 13. I am working to be in better shape now.
- 14. I have a great attitude.
- 15. I know my life matters and I am working to be my best every day.
- 16. I don't care what people think about me. What I think about myself is what matters.
- 17. I have work that is meaningful and fulfilling.
- 18. I hate my dumb job, but I don't know what to do to change.
- 19. My relationships are great. Thank goodness for _____ who appreciates me.
- 20. If only I could change _____ my life would be better.
- 21. If time and money weren't an obstacle, I'd live my life like this...
- 22. I have great physical energy.
- 23. I drink eight glasses of water a day most of the time.
- 24. I get enough sleep and keep regular hours for sleeping and getting up.
- 25. I don't get enough sleep and am always tired during the late afternoon.
- 26. I have good health habits. I exercise for 30 minutes 3 days a week; I eat mostly whole foods.
- 27. I am curious and like learning.
- 28. I am always reading articles and books that teach me what I want to know.
- 29. I am good at expressing my feelings in a way that is not confrontational.

- 30. I have a terrible temper and I have lost _____ because of it.
- 31. I am overweight/obese and because of it, I am not _____.
- 32. My greatest strength(s) is _____ and I know this to be true.
- 33. People are always telling me I am good at _____ and I agree.
- 34. The person I most admire is _____ because...(Write answer on back.)
- 35. I need to express myself more.
- 36. I am depressed because...(Write answer on back.)
- 37. I take time to contemplate my life and gain insight into my feelings.
- 38. I meditate on a regular basis.
- 39. I never have time for myself.
- 40. I lose track of time when I _____ because I love to play the piano/guitar, write, _____.)
- 41. Before I die I want to...(Write answer on back.)
- 42. I have daily disciplines to stay healthy.
- 43. I have a spiritual practice that keeps me focused, calm, and appreciative of life.
- 44. I am an avid student of life and I am always learning.
- 45. I love improving myself and think it is a natural part of evolving to be the best me.
- 46. I have great relationships with my family.
- 47. I take full responsibility for my life and where I am today.
- 48. I make time to do what I love every week (write, journal, a hobby, paint, play _____)
- 49. I accept myself as I am and for the person I am becoming.
- 50. I know greatness is who I am and I am authentically me getting better and better each day.

Free Personality Tests for fun and insight into every area of your life go to:

http://www.chatterbean.com/iq-quizzes/know_yourself/

For books on self-mastery and personal development see Resources. Link to Resources [HERE](#).