

## Self Discovery

1. If someone wanted to really understand you, what could they watch, listen to, and/or read?
2. Who is one of your mentors? What do you admire about them? What have you learned from them?
3. Are your social media accounts a good representation of who you are? Why or why not?
4. What is one of your favorite quotes? Why is it your favorite?
5. Do you think of yourself as a human being or a human doing? Do you define yourself by what you do?
6. How do I deal with the violence, hate and suffering in the world?
7. Write about the place you call home.
8. How do you see the world?
9. What holds you back?
10. What is something you need to forgive yourself for?
11. What are your values? What do you believe in?

