

Reflection Exercise

Answer the following questions to learn more about who you are, what you value, and who you aspire to be. If you live or travel with someone else, ask them to try this exercise as well. It can be fun to go over your answers together, and you may just learn something you didn't know before.

What are a few words you would use to describe your personality? How would your friends and family describe you?

What do you value? Values help us understand what we deem important and motivates our actions. Examples are family, health, spirituality, creativity, nature, education, community, adventure, curiosity, etc.

Are there any new habits or rituals you want to implement into your day? Why do you want to start these, and how will they make you feel?

What are your dream vacation spots? Is it near the mountains, ocean, lake, or countryside? Or would it be in a more populated area, like a city?

What hobbies do you currently have, or do you envision for your ideal self? Do you have any unfulfilled passions?

If you had a free day to do anything you wanted (money is no object), how would you spend it?

What does your ideal home look and feel like? Describe any special features.

What topics do you wish you knew more about?

What are your favorite colors? How do they make you feel?

What's your favorite book? Why?

What's your favorite type of art? (Landscapes, abstract, portraits, botanical, wood, oil, etc.)

What are your favorite quotes?

What is your favorite childhood memory?

If you could time travel to any era, where would you go? Why?

How do you want people to feel around you?

What makes you unique?