

The cool girl's guide to knowing yourself

Get To Know Yourself



30 Questions To Discover The Real You

YourHappinessCoaching.com

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Introduction

In this report we are going to look deeply at ourselves. Obviously, in our lives, there is no one more important to us, than us. But how well do we really know ourselves? How well do we truly understand who we are, what we like and don't like, what we want and don't want? How well do we know our limits, our capacities, our beliefs?

The only way to know is through deep introspection and taking a deep close look at ourselves, with the hopes of really getting to know exactly the kind of person we are.



30 Questions To Know Yourself Better

Here are 30 questions you can ask yourself to get to know yourself better, or maybe to realize that you actually don't know yourself all that well, let's see which way you end up?

Who Am I?

This is a really silly question, isn't it? Who Am I? Most people would answer this question by giving you their name, but that's not really who we are is it? After all, a person can change their name. When a woman gets married, in most cases, she changes her name. Sometimes it's the man who changes his name, so we are most definitely not our name.

We can't use our career either because that too can change, and often does. We can't say we're happy, angry, sad, because those things also come and go. Yes, we are mothers, fathers, sisters, friends and employees, but that is only roles we play in our lives and a very small part of who we really are.

So, ask yourself, "Who Am I?" And see if you can come up with something that's really real.



What Makes Me Happy?

The things that make us happy, are some of the most important things in our lives. If we want to experience greater amounts of joy, personal contentment, and yes of course, happiness, then we need to know what makes us happy. If we don't, then how can we possibly hope to influence our lives to be more positive?

Of course, if we do know, then we can surround ourselves with the things that make us happy and live a happier life. By truly knowing what makes us happy, we can choose to have more of those things in our lives.

What Makes Me Upset?

I suppose it was a natural result we would end up here, after asking ourselves what makes us happy. It's equally important to understand the things that upset us too, for the exact same reason, plus maybe a few more. When we know the things that upset us, we can choose to keep those out of our life. But not only that, we can also consider the possibility that there are some things in life that we don't fully understand, or that we could at least understand a little better.

When we consider what upsets us, sometimes we have to take into account that we might be rejecting those things out of fear, and thereby limiting ourselves. This one will take a little extra consideration.

What Is My Passion?

Your passions in life are the things that you are naturally enthusiastic about, the things that you can talk about for hours, that inspire you to learn, study and share. Your passions always play a big part in your overall life purpose, and they are something you want to know about, if you want to know yourself at the deepest of levels.

Uncovering your passions, for some people, is an easy thing to do, but for others it can be a much more difficult process. You might have to experiment with a few things in your life to see what inspires you and what generates the most amount of excitement in your mind.

What Inspires Me?

This is very closely linked to your passions, but not always. The things that inspire you are the things that make your life meaningful and worth living. These can be people, objects, places, events, memories, in fact, pretty much anything can inspire you if it fills you full of motivation and a greater sense of purpose. Just look at the things that influence you in this way and you will unlock the keys to developing more inspiration in your daily life.

Am I A Positive Person?

Finding out whether or not you are a positive person takes a great deal of honesty. It can be easy to trick yourself into thinking that you are a positive person, so you need to carefully consider your thoughts and behaviors.

Sometimes negative people can think they are positive, because they overlook the small negativities that they express on a regular basis, usually due to the fact they act negatively so often. Take a close look at yourself, your thoughts, your communication with others, maybe even ask the people you closely associate with to get insight on this one.

What Is My Dream Job?

Your dream job or career is most certainly something you want to be aware of. For some people, their greater life's purpose will be unable to be fulfilled until they first realize what their dream job is, and secondly make it into a reality.

To know what your dream job is, consider the things that you would most like to do on a daily basis to earn a living. If you love writing, then pursuing a writing career would be a wise choice. If you love helping people then you would be better suited to being a counsellor, or even a nurse.

Try to combine your ideal way of earning an income with one of your passions or inspirations and you will have a likely candidate for your dream job.

What Is Most Important To Me In My Life?

Knowing the parts of your life that you value as most important will allow you to create the kind of life that you want. You can achieve this by weighing up what you do with your time against how much of that time is spent focusing on the things you think really matter.

For example, if your family, and your relationship with them is a high priority in your life, this is going to influence the amount of time you spend on your career.

If helping people to achieve their goals is something you consider to be a fulfilling and important aspect of your life, you are going to want to make sure that you put plenty of time into this option instead.

Where Do I Want To Live?

Most people have to live in the same place for years at a time. I say most people, because some people are lucky enough to earn a living that allows and even requires them to travel. But if you are anything like the rest of us, you are going to really want to consider the kind of living environment that is right for you.

Do you prefer the countryside, is it important to you to have access to the ocean, maybe you're more of a forest kind of person, or perhaps you absolutely adore the big city.

Knowing where you want to live will allow you to make decisions based off that information, so you can ensure that you feel completely at ease at home.

What People Do I Want In My Life?

Our relationships with others are one of the most difficult things to manage in our life. People are so difficult to judge, and even when we think we have a clear picture of the people we know, they do something that completely throws our view of them out of perspective.

This isn't necessarily a bad thing, sometimes this will keep us on our toes, but we do need to make sure that the kind of people we have in our lives support the kind of person we are, or the kind of person we want to become.

Choose your relationships wisely, and make sure that the people you regularly interact with don't suppress you or hold you back.

Am I A People Person?

Again, this is closely linked with the previous point, but in all honesty it's something that many people don't actually know about themselves. There are plenty of times in our lives when we don't want or need to be around other people.

At the same time, there are just as many situations where we do need that, so it's important to understand the balance between when to allow our lives to be filled with others and when not to.

This is especially important when you know that you are, or are not, a people person. In either case, you need to make your life choices wisely because you don't want to end up being forced into a situation that you're not comfortable with.

Do I Need To Be More Active?

Physical activity is another thing that requires a great deal of balance. We must consider our daily work duties, our family life, our commitments to friends, our physical health, and everything else we have in our life. Being active doesn't just mean we have to do more physical exercise, it also takes into account how physical we are during the course of a normal day.

If our jobs require us to sit at a desk all day, and our kids are very young, so we spend a lot of time sitting around with them, maybe we are slightly overweight too, all of these things need to be



considered. The key for this is to look at how we spend our time throughout the day and ensure that we are physically active enough to keep our bodies agile, strong and fit.

Do I Love Myself?

This is a deep question, and one that plays a very important role in how we live our lives, and how we approach what life has to offer. Being able to love yourself means being able to understand yourself in a way that allows you to give yourself the things you need. That's an unusual statement, but I think that is probably the main reason behind this entire report.

To truly be able to know yourself you must love yourself fully, but at the same time, in order to love yourself fully, you must truly know yourself too.

When asking the question “Do I Love Myself?” take into consideration everything that you already know about yourself and see if everything you think about yourself is loving, caring, kind, compassionate and positive.

If it is, you are doing a great job. If it isn't, pay close attention to what you read here; It's all about learning to love yourself fully.

Am I Capable Of Being Loved?

It sounds like a strange thing to ask of yourself, but you'd be surprised how many people in this world are practically incapable of allowing themselves to be loved. These are the people who are overly negative and critical of themselves, and in most cases other people too.

When negativity is a large part of your life and mind, it can be very difficult to tap into the extremely positive experiences that love brings with it.

As a defense mechanism these people will actually go to the extreme of denouncing the importance of love, or claiming it doesn't really exist, because they have lost touch with the essence of their own vulnerabilities and gentleness, two of the essential ingredients in any experience of true love.

Really consider this question and do everything you have to do to make sure the answer is yes.

Am I Capable Of Loving Someone Else?

This one will be short, because it is simply another way of asking the previous question. If you are incapable of loving yourself, you are incapable of truly loving someone else. I know it may not seem like it at times, when you think about how much you love someone else, but don't really seem to be fond of yourself, but I promise you that your love, your ability to love and be loved, is always limited if you haven't learned how to truly and deeply love yourself.

So, take a good look at how much you love yourself, and reflect on the fact that you can only really love someone else to the same extent that you love yourself. A lot about love here

huh? I guess that means it's an important factor to consider in getting to know yourself better.

Do I Need To Spend More Time In Nature?

Do you spend a lot of time indoors, in front of some form of technology, cut off to the external world, the wind, the stars, the sun and the moon? If you answered yes to this, then your spirit would appreciate a nature retreat.

Think of this more as a personal nature retreat, whereby you get outside of the electrical jails we spend most of our time in and go outside to be alone with nature. Sit and breathe by the ocean, walk through the ancient forests, or just lie on the grass and stare at the sky. Re-energize your spirit and remember something profoundly peaceful about your humane existence.

Do I Get Enough Sleep?

Sleep deprivation doesn't always take place over one or two nights, just ask any parent what it's like to get three to four hours sleep at a time for months on end. Not getting enough sleep for long periods of time can have hugely detrimental effects of your physical and mental health.

Make sure you are getting enough (and not too much) sleep each night, and if for some reason you're not, take more naps throughout the day or figure out how to fix your sleep patterns. This is a high priority if you want to be able to function to the best of your ability.

Do I Have Enough Fun?

Life isn't always meant to be taken seriously, in fact there should be more occasions to have fun and enjoy yourself in life than there should be times for seriousness. Okay, yes, some things you need to take seriously, like work, the type of toothpaste to buy or what color bed sheets you want, but for the rest of the time try to have as much fun as you can.

Make sure you are having enough fun, and if not do something about it! Something fun!

What Are My Beliefs?

Our beliefs can either limit us or set us up with a life that is unbounded and full of wonder. It is important to have a clear definition of the belief systems that we hold closest to our hearts, because it is these that will govern everything that we either let into our life or push away from it. Whether you are a religious fundamental, an atheist, an agnostic, or even a Satanist, having clearly defined beliefs is essential to knowing ourselves at the deepest of levels.

Do I Understand My Emotions?

Having a complete awareness of what makes us tick emotionally is another extremely valuable thing we can achieve in life. Our emotions are the things that influence every decision we make regarding what we do and don't do on a daily basis.

They have the power to attract things into our life, or to push things away, without a full awareness of their use, they can push the things away that we really want, or they can bring things into our life that are detrimental to our growth.



Emotional intelligence takes years to fully develop, but when we have a very clear picture of their use, and importance, we can make our emotions work for us, and have greater peace, and understanding of ourselves.

Do I Have Enough Patience?

Patience isn't just a virtue, it's an essential characteristic of anyone who wants to live a full and peaceful life. Without enough of it, you will see yourself quickly frustrated on a regular basis, making room for greater dis-ease in your life.

Obviously, that's not good, so learning to develop and cultivate patience will go a long way to helping you understand yourself and reach your true potential, especially when considering your relationships with others.

Am I An Asset To The World?

This is a strange question to ask yourself, but it's one that can help you figure out how to live a life that not only benefits yourself but brings benefit to the lives of those around you.

People who can be considered an asset to the world have such characteristics as patience, benevolence, kindness, strength, courage, openness, generosity and compassion, among others.

By developing these characteristics in your life, you are sure to live the kind of life that leaves you feeling fulfilled.

Am I Deceiving Myself?

This question usually only needs to be applied in certain situations where you face a lot of resistance from others. Yes, it is possible to deceive ourselves unintentionally, so one way to counteract this everyday human trait is to check in with others about how they feel about you, what you think, or what you say.

Considering yourself through the eyes of other people can sometimes help you to stay on track and not get so lost in your own perspective that you forget the big picture regarding your life.

What Makes Me Feel Truly Fulfilled?

The second-best kind of life you can live is one that fulfils your deepest needs as a human being. The ultimate way to live is one that does this but also helps to fulfil the deepest needs of the people around you too.

Being honest with yourself about this is important, because you need to make sure that you aren't chasing illusions that leave you feeling empty once you attain them. Find true fulfilment in your every day life, and you'll wonder how you ever managed to live without it.

What Do I Like About Myself?

I know it sounds a little self-indulgent, but it's actually an important question to ask ourselves while we are on the search for deeper understanding. Reflecting on the things that you like about yourself will allow you to ensure that those characteristics remain at the forefront of your personality. This helps you to find greater levels of fulfilment and acceptance of who you are, and it will also help you to feel more positive about yourself short term.

What Do I Want To Change About Myself?

This is one of the first questions people ask themselves when they start setting goals. By honestly considering the things about yourself that you want to change you can begin to create a clear plan of action that explains how you will go about making those changes.



Not only is this about knowing the person that you are, it's about knowing the kind of person you want to be. It all comes under the category of knowing yourself better.

What Do Other People Think Of Me?

In most situations, what other people think of you has nothing to do with you, and you shouldn't really care. But imagine this, you work in an office, with only five other people and you are part of a close team that must work and coexist together on a daily basis.

In a situation like this, it can be very useful to understand what people think about you, so you can do your best to work well as part of that team.

Obviously, if there are things that your co-workers highly dislike, either you can choose to change this or get different co-workers. Be careful not to become too dependent on the opinions of others though. You're going to have to find the balance here.

Am I Overly Critical?

Being overly critical is something that can have really negative effects on your wellbeing. It's also something that can be very difficult to spot in yourself, until someone else helps to make you aware.

To try and see if you're being overly critical about things, pay close attention to your thoughts to see if they are primarily negative. If they are, chances are you're an overly critical person. If this is the case, do your best to become more internally positive. You will find that it dramatically improves your quality of life, and other people will find it easier to work with you too.

Am I Lacking In Confidence?

Some people think that you either have confidence or you don't. This is true to a certain degree, but it's also something that can be developed and cultivated. If you think you are lacking in confidence you need to figure out a way to enhance this for yourself.

In most cases, this is done by putting yourself in situations that you are normally uncomfortable with and facing your fears. Other people can help you here too by offering support and being there to give you advice at critical times when you need it.

Do I Know Who I Am Yet?

Yes, this is a throwback to question one, but if you still don't know who you are after reading this whole report, it's essential that you re-read over it take the practical advice that it offers. One of the most important things you can do in your life is explore yourself deeply so that you come to figure out who you are at the deepest of levels.

This report only contains a small number of the various things that you can do to uncover the answer to this question. Re-read it over again and make a note of all the practical advice it contains and put it to work.

Final Thoughts

While this report is ending, your self-exploration journey has only just begun.

To know yourself fully at the deepest of levels, you are going to have to explore everything about yourself that you can. You are going to have push past your limits, break your boundaries and expand your comfort zones.

You will need help for some of it from other people, but a lot of it you are going to have to figure out for yourself. This is the fundamental journey that each of must make in our life. Hopefully these questions will serve as good foundation upon which you can build.

So now that you know yourself a little better, go ahead and figure out how you can know yourself fully and deeply. You'll thank yourself for it in the end.

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