

Getting to Know You

WORKBOOK



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This workbook is designed to help you explore and share more about yourself through thought-provoking questions.

Each page focuses on a different category, encouraging you to reflect on your past, present, and future.

Use this workbook to deepen your self-awareness, strengthen your relationships, and enjoy a meaningful journey of self-discovery.

CHILDHOOD FLASH BACK

① What is your earliest memory, and how does it make you feel?

② Describe a favorite childhood game or activity, why did you enjoy it so much?

③ Who was your best friend growing up and what adventures did you share?

DREAMS AND GOALS

- What is a dream or goal you have had since you were young? have you achieved it?

- Where do you see yourself in 5 years and what steps are you taking to get there?

- If you could accomplish one thing this year, what would it be and why?

FAMILY TRADITIONS

- ① What is your favorite family tradition, and how does it bring your family together?

- ② Describe a holiday memory that stands out to you, what made it special?

- ③ How do you hope to continue or change family traditions in your own life?

PERSONAL VALUES

- ① What are the top three values that guide your life decisions? why are they important to you?

- ② Describe a situation where your values were challenged. How did you handle it?

- ③ How do you incorporate your values into your daily life?

LIFE LESSONS

- ① What is the most important lesson you have learned so far and how has it shaped you?

- ② Describe a time when you failed or made a mistake. what did you learn from it?

- ③ Who has been your greatest teacher in life and what have they taught you?

PASSIONS AND HOBBIES

- ① What are your top three hobbies or interests, and how did you get into them?

- ② Describe a recent project or activity you enjoyed. What did you learn from it?

- ③ How do you find time for your passions in your busy life?

RELATIONSHIPS AND CONNECTIONS

➤ Who is the most important person in your life right now, and why?

➤ Describe a friendship that has had a significant impact on you. What makes it special?

➤ How do you maintain strong relationships with friends and family?

SELF-CARE AND WELLNESS

- What are your favorite self-care activities, and how do they benefit you?

- Describe a time when you felt truly relaxed and at peace. What contributed to that feeling?

- How do you balance your physical, emotional, and mental health?

CAREER AND AMBITIONS

- What motivated you to pursue your current career or field of study?

- Describe a professional achievement you are proud of. What did you do to reach it?

- What are your long-term career goals, and how are you working towards them?

FUTURE ASPIRATIONS

- If you could live anywhere in the world, where would it be and why?

- What are three things you hope to accomplish in the next decade?

- How do you plan to make a positive impact on the world?