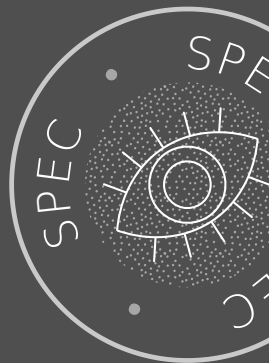




30 introspective prompts



1. **What do I like about my life right now and why?**
2. **What do I find meaningful about life in general?**
3. **What do I look for in my relationships?**
4. **What is my relationship with myself?**
5. **Do I enjoy spending time alone? Why or why not?**
6. **If I was to change something about myself what would it be and why?**
7. **Where do I get the most joy in life?**
8. **When do I feel the best in life? What am I doing, who am I doing it with, and why am I doing it?**
9. **What is my relationship with my parents like?**
10. **What would I change about my childhood?**
11. **How do I feel writing about myself?**
12. **What are my favorite habits and where did I learn them?**
13. **Whom did I have to be growing up for my family/others?**
14. **Do I genuinely enjoy who I am? Why or why not?**
15. **Can I usually identify my gut responses to things? (intuition)**
16. **What kind of music do I like? Why?**
17. **Do I get caught up in what others are doing easily?**
18. **What kind of books/movies do I gravitate towards?**
19. **Where did my beliefs about life and how the world works come from?**
20. **Do I believe introspection is worthwhile?**
21. **What am I most afraid of and why?**
22. **What am I most curious about in others?**
23. **Do I feel that my life has a purpose?**
24. **If I had total freedom, how would I spend my time?**
25. **What kind of people do I currently surround myself with?**
26. **What kind of people do I want to surround myself with?**
27. **In what ways do the people I surround myself with influence me?**
28. **Do I have outlets for the energy I have?**
29. **What are my deepest core values?**
30. **Do I believe there is life in the cosmos besides us?**



founder & coach



RACHEL RANDOLPH

I founded Spec in 2019, on the belief that people are already self-aware and brilliant, they only need tools to leverage that brilliance to communicate with strength, confidence, and clarity. If you enjoyed this guidebook and want to learn more about my programs, please let me know by emailing hello@yourspeccoach.com!

