

Discovery You Self- Awareness Inventory

Character

- Who are you when no one is around?
- Who are you when things get tough?
- Who are you when things don't go according to plan?
- What principles/values drive your decision making?
- How do you handle sudden changes?

Emotions

- How do you feel when you are under stress?
- Are you led by your feelings?
- Are you aware of the impact of your emotions on others?
- What causes you to shift to negative emotions?
- What emotional patterns do you experience the most?

Motives

- What is your Why?
- Would you do what you do for free?
- Are you always looking to be appreciated?
- Are you always looking to be validated?
- What makes you feel fulfilled?
- How are your needs best met?

Desires

- What is your expected/anticipated outcome?
- What list of goals and ambitions do you have for yourself?

Strengths

- Identify a list of personal strengths and how they are displayed in your life

Limitations

- Identify a list of limitations
- What areas do you need to rely on the help of others?
- What areas do you need to rely on God's power the most?