

The 10 Questions To
Ask Yourself For

*Diving
Living*

Self-Exploration Worksheet



1. WHERE IS MY FOCUS RIGHT NOW?

2: WHAT AM I DOING WHEN I FORGET
WHAT TIME IT IS?

3: WHAT TYPES OF ARTICLES AND
MAGAZINES CATCH MY EYE?

4: WHAT NEEDS TO BE DONE IN ORDER FOR ME
TO FEEL I ACCOMPLISHED SOMETHING TODAY?

5: WHAT DO I DO TODAY TO MAKE SURE IM
TAKING CARE OF MYSELF?

6: WHERE DO I SPEND MOST OF MY ENERGY?

7: WHAT THINGS MAKE ME ANXIOUS?

8: WHAT DO MY FRIENDS AND FAMILY ASK ME FOR ADVICE ABOUT?

9: WHAT MAKES ME EXCITED?

10: WHEN DO I FEEL THE MOST AT PEACE?