



## 35 Mentoring Questions for Self-Awareness

Benjamin Franklin put it best:

*“There are three things extremely hard: steel, a diamond, and to know one’s self.”*

Following are a selection of questions I use in mentoring leaders, to help produce a greater self awareness. I suggest getting a journal and writing out your responses to these questions. (Yes, paper and pen, not with a keyboard.)

You may use these for yourself, or in helping others. They are not in hierarchical order or importance or sequence and I try to keep them practical as many get stuck with more esoteric questions. Enjoy!

- How happy am I overall, today, out of 10?
- What type of life do I want to lead?
- What brings me joy?
- If I was at my best, what would I do right now?
- Do you know who God says you are?
- What am I good at?
- What am I so-so at?
- What am I bad at?
- What makes me tired?
- How much sleep do I need?
- What is the most important thing in my life?
- Who are the most important people in my life?
- What stresses me out?
- What motivates me?
- What things or actions can help me regain motivation after I lose it?
- What relaxes me?
- What’s my definition of success?
- What type of work would I also do for free?
- What are my most productive hours of the day?

- What's my favourite way of learning?
- How do I want others to see me?
- What behaviours do I not like about other people?
- What makes me sad?
- How do I manage negative thoughts and feelings?
- What makes me happy?
- What makes me afraid?
- What makes me angry?
- What type of friend do I want to be?
- What do I think about myself?
- What things do I value in life?
- Is there something in my life that I'm taking for granted?
- What do I respect about myself?
- Do I feel the loving embrace of God the Father in my day to day life?
- Do I experience the call of Jesus to me in what I currently do vocationally?
- Am I feeling empowered by the Holy Spirit and functioning in my spiritual gifts?

Sincerely yours,

A handwritten signature in cursive script that reads "Carson Pue". The signature is written in black ink and is positioned below the typed name.

Dr. Carson Pue

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