What Should I Do With My Life? Worksheet

Self-Reflection Worksheet

Use this worksheet to reflect on your interests, values, and goals. There are no right or wrong answers. The goal is simply to explore your thoughts and begin identifying directions that feel meaningful to you.

Part 1: Your Interests and Passions

Think about activities that naturally capture your attention.

1. What activities make you lose track of time?

2. What topics or subjects are you curious about?

3. What hobbies or interests do you enjoy the most?

4. What problems in the world interest you or motivate you to help solve?

Part 2: Your Skills and Strengths

Everyone has unique abilities. Reflect on yours.

5. What skills do you already have?

6. What do people often ask you for help with?

7. What challenges have you successfully overcome in life?

8. What skills would you like to improve or learn?

Part 3: Your Values and Priorities

Your values influence the direction you choose in life.

9. What matters most to you in life? (Examples: freedom, stability, creativity, helping others)

10. What kind of lifestyle do you want in the future?

11. What type of work environment do you prefer?

☐ Independent work
☐ Team collaboration
☐ Creative environment
☐ Structured workplace
☐ Flexible schedule

Other: _____

Part 4: Your Ideal Future

Imagine your future without limitations.

12. Where would you like to be in five years?

13. What type of work would you enjoy doing every day?

14. What achievements would make you feel proud of yourself?

Part 5: Exploring Opportunities

These questions help you think about possible paths forward.

15. What industries or careers interest you?

16. What opportunities have you considered but never tried?

17. What would you attempt if fear were not holding you back?

Part 6: Your Next Steps

Now think about small steps you could take.

18. What is one skill you want to start learning?

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19. What is one action you can take in the next 30 days?

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20. What is one long-term goal you would like to explore further?

Reflection

After completing this worksheet, review your answers and look for patterns.

Ask yourself:

Do certain interests appear repeatedly?

Do your values align with your goals?

What small step could move you closer to a meaningful path?

Life direction often becomes clearer through reflection, exploration, and experience.

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