

Self-Reflection Questions for Students

Want to be more reflective in your daily life but don't know where to start? Self-reflection questions can be powerful starting points to help us discover more about ourselves. Remember that it's okay to not have all the answers! With honesty and openness, choose prompts that feel right to you, and use them to explore who you are, what you want, and where you want to go.



Career Exploration

Imagine your future. These questions will help you explore your interests, dreams, and the kind of work that excites you.

- Where do I see myself in five years? In ten? Twenty?
- What's my dream job?
- What kind of lifestyle do I see in my future?
- What are my favorite classes, and why?
- What's my biggest passion?
- How do I define success? What makes me happy?

Navigating Relationships

When we reflect on our relationships, we find new ways to show up for others and better support the people in our life.

- What are the traits I look for in a friend?
- Who's someone in my family that's impacted me the most?
- How can I show up for others today?
- How can I show my appreciation for others today?
- Who am I grateful for?
- What lessons can I learn from the people around me?
- Who in my life could use some extra support right now?
- How can I express my feelings and opinions honestly and respectfully when there's a disagreement?

Self-Discovery

How well do you know yourself? Developing self-awareness helps us make choices that align with our goals and the future we want to create.

- What are my values?
- When do I feel the most energized? When do I feel the most drained?
- Who inspires me?
- What are my strengths? What are my weaknesses? Are there things I'm avoiding right now?
- What am I proud of?
- What makes me happy?

Building Healthy Habits & Goal Setting

The habits we build now show up later! Becoming mindful of our actions helps us make better use of our time and focus on what's most important.

- What habits are helping me become the person I want to be?
- Are my goals still serving me?
- Is there a habit I can replace with a more productive one?
- Why do I want to create better habits for myself?
- What's one thing I can do today to get me closer to my goals?

Well-Being & Growth

We do our best when we feel our best. Use these prompts to notice your mental health, well-being, and the way you view yourself.

- What helps me recharge when I feel overwhelmed?
- When I make a mistake, how do I treat myself?
- How do I approach tough choices?
- What habits often make me feel my best? My worst?
- Am I stressed about something right now? Is it something I can control?
- Have I been resting enough lately?
- When do I feel most confident?
- What's a recent decision I made that I feel good about?
- What are three things I like about myself?



Biggest Takeaways

Academic Achievement

Reflecting on your school experience can reveal your strengths and areas of improvement and point to what interests you the most.

- What was the most interesting thing I learned today?
- How can I use what I learned in my daily life?
- How can I be more proactive in my classes?
- What class is challenging me lately?
- Is there any way I can improve my study habits?
- What does it mean for me to succeed academically?
- How do I learn best?

Every Day

Check in with yourself. Even simple questions can reveal meaningful discoveries.

- How did today go?
- How am I feeling?
- What was the highlight of the day?
- What was a challenging moment I faced today? How did I respond and react?
- What's a lesson I learned today?

Use the space on the next page to write any breakthroughs you've made while answering the prompts.

There's no correct answer for any of these questions! Try reflecting on one question each day, or choose a few to journal on throughout the week. As you get to know yourself more and more, you'll be able to make better, more informed decisions that align with who you truly are.

My Self-Reflection