

All About Me Worksheet for Adults

This worksheet is a self-discovery tool designed for adults. It aims to promote self-awareness and personal reflection, helping you understand and articulate various aspects of your identity and experiences.

Name: _____ Age: _____

Gender: _____ Date: _____ dd / mm / yyyy

PERSONAL BACKGROUND

Where were you born and raised?: _____

What is your earliest memory?

Describe your family dynamic growing up.

EDUCATION AND CAREER

What level of education have you completed?

Describe your current job or career path.

What is your dream job?

INTERESTS AND HOBBIES

List your hobbies and interests.

What activities make you lose track of time?

Describe a talent or skill you're proud of.

VALUES AND BELIEFS

What values are most important to you?

How do your beliefs shape your daily life?

Describe a life lesson that has been significant to you.

RELATIONSHIPS AND SOCIAL LIFE

Describe your current social circle.

How do you usually meet new people?

What qualities do you value in a friend or partner?

GOALS AND ASPIRATIONS

What are your short-term goals?

Describe a long-term aspiration you have.

What steps are you taking to achieve these goals?

CHALLENGES AND GROWTH

What challenges have you recently faced?

How did you overcome these challenges?

Describe a personal growth experience. What experience forced or encouraged you to grow as a person?

HEALTH AND WELLNESS

How do you maintain physical health?

Describe your mental health care practices. How do you maintain your mental wellness?

What does 'well-being' mean to you?

HEALTH PROFESSIONAL'S OBSERVATIONS, RECOMMENDATIONS, AND NOTES

Specify below: