

# Personal Framework

## Getting To Know Yourself:

What's your favorite food?

What's your favorite color?

How do you like to dress?

What do you like to do with your free time?

Who are your best friends?

Do you have good relationships with your family?

What do you want to be when you grow up?

What's your favorite TV show?

What kind of music do you like to listen to?

What's your favorite book?

What do you like about yourself?

What do you dislike about yourself?

## Your Dreams:

What are your dreams for life?

If you had unlimited money, what would you do with your life?

## Your Expectations:

What are your expectations for yourself?

What are your expectations for other people in your life?

What are your expectations for life?

Are your expectations reasonable given the results observed in the general population?

## How Much Do You Like Other People:

Do you like spending time with other people?

Do you like talking with other people?

What are your thoughts on people in general?

Would you be okay spending time by yourself, or would you get lonely quickly?

## Your Ideals:

What are your ideals?

What would the perfect version of yourself look like?

How would the perfect version of yourself act?

If you could recreate the world in accordance to your will, what would you change?

What do you value most in other people?

What do you value least in other people?

Are you striving for your ideals?

## Exercise:

Do you like to exercise?

What physical activities do you enjoy?

Do you think you need to exercise more or less?

How often do you exercise per week?

## Family Time:

Do you have good relationships with your family?

Do you like spending time with your family?

Can you talk to your family openly about anything?

If not, what topics are taboo?

How often do you see your family members?

Do you have favorite family members?

How much time do you currently spend around your family members?

Do you think this figure should be greater or lesser?

## Occupation:

What's your occupation?

Why did you select that as your occupation?

Is your current occupation what you want to do for the rest of your life?

If not, what would you like to be doing instead?

Does your job fill you with passion and fulfillment?

What would you change about your occupation to make it more fulfilling?

## Leisure:

How do you like to spend your free time?

Do you generally feel like you have enough money to do the things you like to do?

Do you feel recharged after your leisure time?

Do you think you need more leisure time or less?

What are some leisure activities you'd like to try but haven't yet?

## Religion:

Do you ascribe to a specific religion?

What do you believe fundamentally?

Does religion play an important role in your life?

Do you belong to a religious community?

Do you think you need to be more religious or less religious?

## Adding Value:

What are you doing to add value to the world?

What are you doing to add value to the lives of those around you?

Do you have a positive or negative impact on the world?

Have you produced more value than you've consumed?

If you were to pass away, what do you think people would say about you?

What are you doing to increase the amount of value you're adding to the world?