

60

QUESTIONS DESIGNED TO KNOW TRUE SELF

J.R. MAHON

Who you are is not guesswork. Here are questions that will help you define “true self” and give you pause to deeply contemplate your heart. I hope this brings clarity, challenge and peace.

Want to talk about your answers? Please, feel free to reach out.

jr@jrmahon.com or call/text 619.964.0337

Have fun!

J.R. Mahon / Spiritual Director & Executive Director - TableTop Ministries

1. What do you want from God
2. What is your idea of perfect happiness?
3. What is your greatest fear?
4. What trait do you most deplore in yourself?
5. What trait do you most deplore in others?
6. Which living person do you most respect?
7. What is your prayer?
8. How have you suffered?
9. What is your greatest extravagance?
10. What is your current state of mind?
11. What is your current spiritual condition?

12. What do you want freedom from
13. What do you consider the most overrated virtue?
14. On what occasion do you lie?
15. Who do you need to forgive?
16. Who do you owe amends too?
17. What about your appearance do you most dislike?
18. How do you know your alive?
19. What is the quality you most like in a man?
20. Where would you most like to live?
21. What is your most treasured possession?
22. What do you regard as the lowest depth of misery?
23. What is the quality you most like in a woman?
24. Which words or phrases do you most overuse?
25. What or who is the greatest love of your life?
26. What is the greatest sorrow in your life
27. When and where were you happiest?
28. What threatens your trust in God?
29. What do you consider your greatest achievement?

30. What is your biggest doubt?
31. Where does your worth/value come from?
32. What makes you angry at God?
33. Why are you worthy of God's love?
34. How does God pursue you?
35. What do you most value in your friends?
36. What is your greatest regret?
37. How do you reflect God's love
38. How do you ignore God?
39. How has your faith evolved?
40. What you would tell your 10 year old self?
41. What would 10 year old tell adult you?
42. What does love feel like?
43. What rule do you love breaking
44. How do you deal with other people's fear
45. What has been your biggest failure of courage?
46. What do you most protect?
47. Whose success do you savor?

48. What brings you significance?
49. How are you of service to your community?
50. How do you rest?
51. How do you value time?
52. Who knows you?
53. Who do you know?
54. What/who makes you laugh
55. Who is your mentor?
56. Who do you miss?
57. How do you forgive?
58. What makes you feel love
59. How do you create peace
60. What do you celebrate?

*All rights reserved. No part of this document may be reproduced or shared in any form without written permission from TableTop Ministries.

J.R. Mahon - Spiritual Director
619.964.0337
jr@jrmahon.com
@jrmahon

