



SELF-KNOWLEDGE CHECKLIST

Developed by Project Passport

This assessment is to explore how well you know yourself.



1. WHAT BREAKS YOU?

The depth of your pain is important to understand.

2. WHAT ARE YOU MOST PROUD OF?

Your heart needs to scream when you think of this thing.

3. WHEN DO YOU FEEL LONELY?

The walls close in and things feel silent.

4. WHEN DO YOU FEEL POWERFUL?

When you feel like you can take on the world!

5. WHAT EMOTION DO YOU STRUGGLE TO CONTROL?

The one that just cannot stay bottled inside.

6. WHO DO YOU COUNT ON MOST?

The person who keeps you grounded and has your back.

7. WHAT IS THE NUMBER 1 THING YOU CARE ABOUT?

The thing that drives all that you do. Money? Family?

8. WHAT IS YOUR ENDGAME IF THERE IS ONE?

Imagine where your story ends. The final chapter.

9. WHAT SHOULD YOUR OBITUARY SAY?

Think about what you want to be remembered for.

10. WHAT VALUE DEFINES YOU MOST?

Loyalty, faith, love, all examples of values.

STRUGGLING WITH ANY OF THESE? IT'S OKAY.

VISIT HERE FOR HELP:

[PROJECT-PASSPORT.COM/KENYA-ITINERARY](https://project-passport.com/kenya-itinerary)

