



Self-Check-In Questionnaire

Questions to Ask Yourself When You're Not Sure About Life

Created by April Tapia

Use this guide weekly, monthly, or whenever you feel the need to pause and reconnect with your inner self. Write your answers down or simply reflect in silence—it's all part of the process.

Career & Work Life

1. If I could change one thing about my work life, what would that be?
 2. Does my current job reflect any part of the life I once imagined for myself?
 3. Do I feel fulfilled by what I do—or just busy?
 4. What part of my day-to-day job gives me energy, and what drains it?
 5. Do I feel valued, seen, or appreciated at work?
 6. What would “more purpose” at work look like for me?
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Mental & Emotional Well-Being

1. What's been weighing on my mind that I've been avoiding?
 2. When was the last time I felt truly at peace?
 3. What emotions have been showing up for me lately—and have I been acknowledging them?
 4. What's something I need to forgive myself for?
 5. What's something I've been needing but haven't given myself lately?
 6. What brings me genuine comfort during difficult times?
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♥ Relationships & Connections

1. Is there someone I miss or feel distant from – should I reach out?
 2. Who in my life makes me feel safe, seen, and supported?
 3. Have I expressed love or appreciation to the people who matter to me lately?
 4. Am I holding onto a relationship (romantic, platonic, familial) that no longer nourishes me?
 5. What boundaries might I need to reinforce or rethink?
 6. Is there unresolved tension or distance in any key relationships?
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♥♥ Love & Romance

1. What does a happy, healthy, fulfilling relationship look like to me?
 2. Do I feel loved in the way I want to be loved?
 3. Am I showing up as the kind of partner I want to have?
 4. Is there a past relationship I still carry emotional residue from?
 5. What would “more joy in love” look like for me?
 6. Have I made space in my life to experience romantic connection or intimacy?
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👉 Personal Growth & Dreams

1. What's one small step I can take toward a long-term goal or dream?
 2. What's something I've always wanted to try or revisit?
 3. Have I grown closer or further from the person I want to be?
 4. Is there a version of myself I miss? What part of them can I bring back?
 5. What would my day look like if my time reflected my true interests?
 6. What inspires me lately – and have I made time for it?
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Spirituality & Inner Alignment

1. Am I making time to listen to the quiet voice within me?
 2. What truth have I been ignoring that my intuition already knows?
 3. Do I feel connected to something bigger than myself?
 4. What kind of energy or presence do I want to bring into the world?
 5. When do you feel most like yourself—without trying?
 6. What kind of energy, intention, or mindset do you want to carry into the rest of the week?
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Home & Environment

1. What is one small change I could make to feel more comfortable or calm at home?
 2. Is there any clutter—physical or emotional—I've been avoiding?
 3. Do I feel a sense of peace when I enter my space?
 4. What's something cozy or comforting I can add to my environment this week?
 5. Does my space reflect who I am and what I need right now?
 6. What is one thing I could tackle that would help alleviate some of my anxiety?
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Time & Energy

1. Am I using my free time in fulfilling or restful ways?
2. Where is my time going lately—and is it in alignment with my values?
3. What drains me that I can say no to more often?
4. What fills me with energy and enthusiasm?
5. Am I making space for rest and recharge?
6. How can I bring more intention into how I spend my mornings or evenings?