

# Know Yourself

## QUESTIONNAIRE

*Do you know yourself well? By taking the time to answer these questions, you will begin to have a fuller knowledge of yourself.*

**[1]** What are your beliefs about God?

**[2]** What are your gifts/talents/special skills?

**[3]** What is your favorite meal/food?

**[4]** What is your favorite type of music?

**[5]** What physical attributes would you like in your future spouse?

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[6] What physical attributes do you find to be the most unattractive in the opposite sex?

[7] What are the top character traits you would like your spouse to have?

[8] What are top character traits that you absolutely cannot live with?

[9] What is your definition of love?

[10] Why do you want to get married?/Why do you NOT want to get married?

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[11] Describe your personality.

[12] What are your top 2 love languages? (love languages - quality time, gifts, words of affirmation, touch and acts of service)

[13] What are your more common moods and feelings?

[14] Are you easily offended? If yes, what offends you? If no, why?

[15] How would your immediately family describe you?

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[16] How would your friends describe you?

[17] What is your most annoying trait or habit?

[18] What do you like most about yourself?

[19] What do you dislike most about yourself?

[20] What is your next personal developmental goal?

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[21] How do you feel about your job?

[22] How is your relationship with your father (if alive)?

[23] How is your relationship with your mother (if alive)?

[24] How is your relationship with your guardian(s)? (if relevant)

[25] Do you have any unresolved hurt or anger? If yes, why and about what?

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[26] How do you deal with conflict?

[27] How do you react when you're angry?

[28] Do you find it difficult to apologise? Why?

[29] Do you find it easy to forgive? Why?

[30] What do you expect from a future spouse?

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## QUESTIONNAIRE

[31] How do you handle life's problems?

[32] How do you respond to emergencies?

[33] How do you deal with stress?

[34] What do you receive the most compliments on?

[35] How do you spend your extra money?

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[36] How do you spend your non-working hours?

[37] What are your hobbies?

[38] What is your favorite sport?

[39] What is one thing you must absolutely do before you die?

[40] Why do you exist?

Check out:

[How to Spend Time with God Every Day AND Enjoy It!](#)

[5 Crazy Things People Say to Single Women](#)

With love & laughter,  
Kimberly Garth