



**CONVERSATION
STARTERS
&
SELF-REFLECTION
GUIDE**





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EVOLUTION COACH

Welcome

Use the prompts in this guide to get to know yourself better and identify the places that require more attention so you can live a Full, Free and Fearless life. I pose these questions to not only spark your curiosity but to also guide you into deeper self-reflection.

Utilize the questions in a way that fits you best. Choose one question a day and journal about it, take a whole day retreat and go through all the questions, pick one section to go through per month. Whatever method works for you be sure to give yourself time to sit with each inquiry and be curious about what comes up.

As you begin to learn more about yourself, identify areas that you feel very confident and other areas where you feel perpetually stuck. The answers found can initiate real change and growth if you use them to guide your evolution.

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Get to Know Yourself More Intimately With
The Self-Exploration Guide

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1

Warming Up

- ▶ What is the most useful thing you own?
- ▼ What is the one item you would save from your burning house?
- ◀ What is the worst thing your mom caught you doing as a kid?
- ▶ What is your favorite cheesy pick up line?
- ▶ What is a memorable moment that you will never forget?
- ▼ What was the funniest way that you've been injured?
- ◀ Do you think of yourself as being naughty or nice?
- ▶ What is your most useless skill?
- ▶ What do you like to do when you are not working?
- ▼ What is the weirdest thing about you?
- ◀ What's the closest you've ever come to being arrested?
- ▶ Is home for you a place or a feeling?
- ▶ What's the stupidest thing you've ever done?
- ▼ Do you prefer making plans, following someone else's plans or no plans at all?



2

Getting Comfortable

- ▼ What do you spend most of your time doing?
- ◀ What is an embarrassing moment from your past?
- ▶ If your life was perfect, what would be different?
- ▶ When you've had a bad day, what do you do to make yourself feel better?
- ▼ Who do you most admire and why?
- ◀ What qualities do you admire about your parents?
- ▶ What would you do if you knew you could get away with it?
- ▶ What is the greatest risk you've ever taken?



3

Celebrating Your Light

- ▶ What do people ask you for help with the most?
- ▼ What are your biggest accomplishments?
- ◀ What are you most proud of and why?
- ▶ What lights you up?
- ▶ Who lights you up?
- ▼ What are you enthusiastic about?
- ◀ Who supports you the most?
- ▶ What was one of your most defining moments thus far in your life?
- ▶ When have you felt the most success?
- ▼ What have others said you are really good at?
- ◀ What do you consider to be the highlight of your life?



4

Looking Back at the Past

- ▶ If you could live your life all over, what would you do differently?
- ▼ Who is someone who has had the strongest impact on your life?
- ◀ What was the best realization you've ever had?
- ▶ What is the best advice you have ever been given?
- ▶ What big life changes have you experienced?
- ▼ Have you ever made a decision that changed your entire life?
- ◀ What is the best bad decision you have ever made?
- ▶ What is the greatest struggle you've overcome?
- ▶ If you could erase something you did in the past, what would it be?
- ▼ If you died today, what would you wish you would have done?
- ◀ What would you tell your teenage self?
- ▶ What is the first lie you ever told?
- ▶ What is the biggest lie you ever told?
- ▼ What is the biggest secret you ever kept from someone?



5

Living Life to the Fullest

- ▶ What are you doing to not achieve your goals?
- ▼ What have you always wanted to try but never found the courage to do?
- ◀ What hard truths do you choose to ignore but know you shouldn't?
- ▶ What are you holding back from in this moment?
- ▶ If you were told you had only one week left to live, what would you do?
- ▼ When is the last time you did something for the first time?
- ◀ What do you avoid doing that you need to do?
- ▶ What is one way that you think you can take better care of yourself?
- ▶ What is the biggest change you would like to make in your life?
- ▼ What fears are slowing you down?
- ◀ What are the three biggest challenges you are facing in your life now?
- ▶ What do you want to do to bring more balance into your life?



6

Self Reflection

- ▶ If you had to describe yourself in 5 words, what would they be?
- ▼ What is one thing you don't understand about yourself?
- ◀ For what in your life do you feel the most grateful?
- ▶ What's missing in your life right now?
- ▶ If you could change just one thing right now, what would it be?
- ▼ How do your friends describe you?
- ◀ Knowing what you know now, what advice would you give to yourself 5 years ago? 10 years ago?
- ▶ When have you caused the most harm to yourself?
- ▼ How do you want to be remembered?
- ◀ Why wouldn't you be remembered that way?
- ▶ What motivates you?
- ▶ What would be the best question for me to ask you to support your evolution?



Who Are You

- ▶ How do you handle conflict? Give examples...
- ▼ What is your purpose in this life?
- ▲ How do you handle criticism? Give examples...
- ▶ What is your strongest personality quality?
- ▶ What do you want written on your tombstone?
- ▼ When do you feel at your best?
- ▲ When do you feel the most triggered?
- ▶ What makes you feel accomplished?
- ▶ Are you confrontational? Conflict avoidant? Somewhere in between?
- ▼ What do you do and where do you go when you need to be alone?
- ▲ What makes you feel you need to be alone?
- ▶ What is one thing that define who you are?
- ▶ What are your top five values?
- ▼ Where do you find meaning in your life?



8

Getting Vulnerable

- ▶ What is one secret you have been too embarrassed to tell?
- ▶ When are you most yourself?
- ▶ What is one thing you would like to change about yourself?
- ▶ If you had a chance for a 'do over' in life, what would you do differently?
- ▶ What is your biggest regret in life?
- ▶ What's something people misunderstand about you?
- ▶ Why did you cry the last time you did so?
- ▶ When do you feel most vulnerable?
- ▶ How do you self-sabotage?
- ▶ Do you think you are good in bed? Why?
- ▶ What has been your biggest mistakes so far in life? What did you learn from it?
- ▶ What are you afraid of being asked about?



Shadow Work

- ▶ What are your weaknesses?
- ▼ How do you act when you are not centered?
- ◀ In what ways are you not authentic?
- ▶ What bad habits do you have?
- ▶ What do people most criticize you for?
- ▼ What three people do you like least in your life and why?
- ◀ What do you find yourself lying or exaggerating most about often?
- ▶ What are you insecure about?
- ▶ In what ways do you think you are better than others and whom?
- ▼ In what ways do you think people are better than you and whom?
- ◀ In what ways do you and whom do you deceive?
- ▶ How do you put other people down?
- ▶ What personality trait has gotten you in the most trouble?



10

Relationships

- ▶ What is the most embarrassing sexual experience you have had?
- ▼ What kind of parent are you or do you think you would be?
- ◀ What are your bad habits in relationships?
- ▶ What is a relationship deal breaker for you?
- ▶ What is one thing you think you could do better in this relationship?
- ▼ What do you try to make your partner wrong?
- ◀ What is the craziest thing you've ever done for love?
- ▶ What makes you feel connected?
- ▶ What makes you feel disconnected?
- ▼ How do you feel about sharing your password with your partner?
- ◀ Have you ever walked away from someone you still loved?
- ▶ How do you feel about open relationships?
- ▶ Would you ever take someone back who cheated?
- ▼ Do you stay friends with your exs?



11

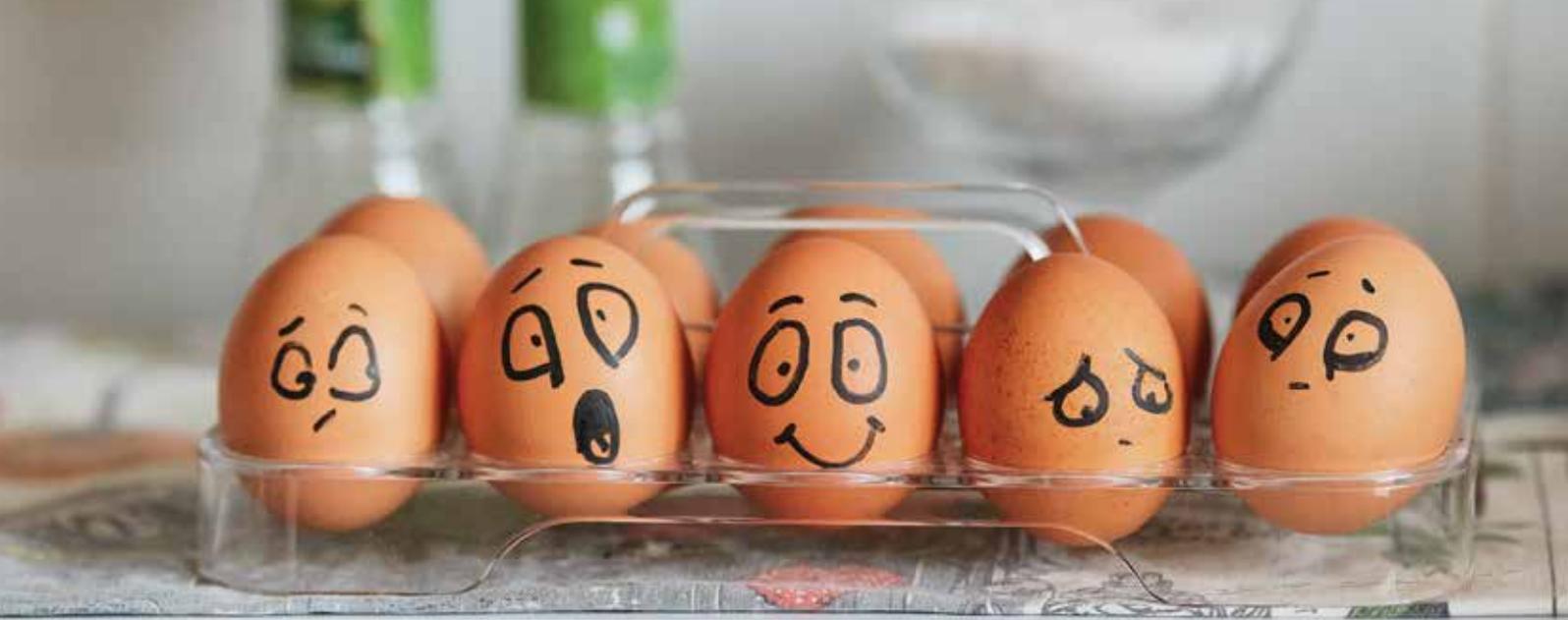
Couples

- ▶ How would you describe our relationship in one word right now?
- ▼ When was the first time you became aware of me?
- ◀ Do you remember the first thing we said to one another?
- ▶ What is your favorite memory of me?
- ▶ What is your favorite way of spending time w/me?
- ▼ What nickname would you give me?
- ◀ If there is one thing you'd want to change about me, what is it?
- ▶ If we hadn't met each other, where would you be right now?
- ▶ What expectations do you have in this relationship?
- ▼ What do you like to be appreciated for?
- ◀ How do you like to be appreciated?
- ▶ Do you feel appreciated by me?
- ▶ Is there something I do not appreciate you for?
- ▼ Do you feel I take you for granted?



12 Sexuality

- ▶ What is your favorite kind of lovemaking?
- ▼ What are your favorite and least favorite positions?
- ◀ What kind of lovemaking do you not like?
- ▶ How do you like to be touched?
- ▶ How do you want to connect after lovemaking?
- ▼ Are there things that you want to try?
- ◀ What sexual insecurities do you have?
- ▶ What makes you shy around sexuality?
- ▶ What is a sexual fantasy you have?
- ▼ What turns you on?
- ◀ What turns you off?
- ▶ Have you had and are you interested in having a threesomes?
- ▶ Have you had and are you interested in group sex?
- ▼ What shame do you carry around sex?



13 Emotions

- ▶ What do you judge about other people in regards to their emotions?
- ▼ Out of greed, anger, jealousy, guilt, sadness which ones affects you the most?
- ▶ What are you most ashamed of?
- ▶ What makes you angry?
- ▼ What are you like when you are angry?
- ◀ How do you calm yourself when you get angry?
- ▶ What makes you sad?
- ▶ What are you like when you are sad?
- ▼ What is your biggest irrational fear?
- ◀ What scares you most about the future?
- ▶ What would you consider to be your deepest fear?
- ▶ What do you envy in others?
- ▼ What creates agitation in you?



14 Philosophy

- ▶ Do you believe in karma? Tell me more...
- ▼ Do you believe in God? Tell me more...
- ▲ What do you think happens when we die?
- ▶ What's your idea of heaven?
- ▶ If you could change one thing about the world, what would it be?
- ▼ How much do we live according to our own freewill?
- ▲ Do you believe in past lives?
- ▶ Do you believe in other dimensions and parallel universes?
- ▶ How do you define beauty?
- ▼ How would you describe your relationship with the Divine?
- ▲ If you could be given the date of your death, would you want to know it? Why or why not?
- ▶ Would you rather be loved or love? Why?



Where to Find Additional Inspiration & How to Connect With Me

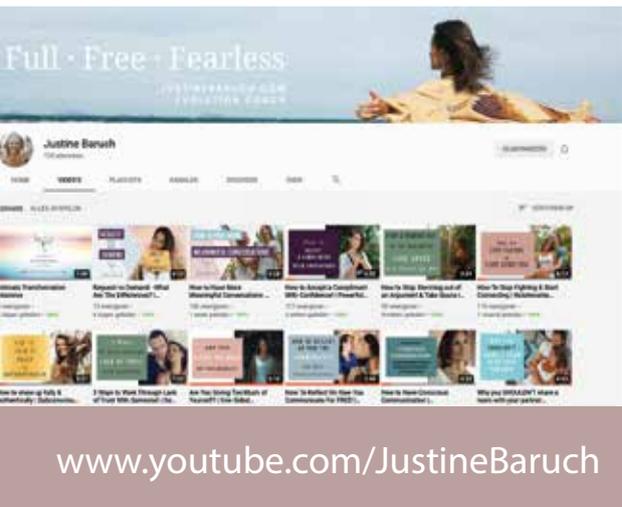


www.justinebaruch.com



Book a session

If you want more direct support on feeling your emotions book a session with me. Together we will work through whatever you are currently struggling with. You can also learn more about my other coaching methods and tools.

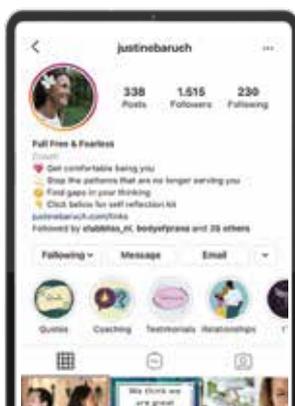


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