

# How To Get To Know Yourself

From the book *Date...Or Soul Mate? How To Know If Someone Is Worth Pursuing In Two Dates Or Less*, by Neil Clark Warren, Ph.D., Thomas Nelson Publishers, 2002

1. Who is the most important person in your life, and why?
2. What is the one dream for your life you most look forward to achieving?
3. Who has the capacity to make you angrier than anyone else in your life, and what in particular does he or she do to make you angry?
4. Who has the capacity to make you feel loved more than anyone else in your life, and what in particular does he or she do to cause you to feel so loveable?
5. What is it like being you? More precisely, how do you feel about yourself – physically, emotionally, mentally, and spiritually?
6. When do you feel inspired? Who and what contribute to your sense of inspiration? How does it feel when you are inspired?



