

Self-Description Questionnaire #MindfulRUFA

Personal reflection tool.

The process is structured into three sections, for a total of 12 open-ended questions

Estimated duration: 45–60 minutes.

Answer honestly and thoughtfully.

SECTION 1 – Present Reflection (6 questions). Connect with your current reality, without judgment, with clarity and openness. Duration: 25–30 minutes.

How do you feel right now? (e.g. describe your emotional, psychological and energetic state at this moment in your life.)

Who are you right now? (e.g. describe what kind of person you are or how you would define yourself in terms of personality, interests, sensitivity and attitudes.)

What are your core values? (e.g. describe which beliefs or ideals guide your choices and your way of seeing the world.)

What are your strengths and weaknesses? (Describe the qualities that characterize you positively and the aspects you feel you need to improve.)

What is your current lifestyle? (How do you spend your time? What habits, activities and routines define your daily life?)

What is your current sense of direction? (Do you feel centered, moving toward something specific? Or do you perceive a phase of transition, doubt, or dispersion?)

SECTION 2 – Future Projection (5 questions): vision and obstacles. Imagine your ideal self in the medium term (2–5 years). Duration: 15–20 minutes

How do you imagine your ideal life in five years? (*Visualize yourself in five years: where you live, what you do, who you are with, how you feel.*)

Who do you want to become over time? (*Imagine the qualities, skills or ways of being you hope to develop and embody.*)

What obstacles might you encounter? (*Imagine what could prevent you from achieving your desired life or self, e.g. limiting habits, lack of discipline, fears, social context.*)

What would happen if nothing changed? (*Imagine where you would be in five years if you continued your current path without changing your behavior or approach.*)

What can you start doing right away? (*Imagine one small concrete action you could take as early as tomorrow to move closer to your ideal life.*)

SECTION 3 – and Intention (1 question). Connect the previous reflections into a coherent and motivating vision. Duration: 5–10 minutes

Write a short concluding paragraph summarizing your reflection.
