

Worldview Self-Reflection Workbook

Identity: Who am I?

Your worldview is made up of your mindsets, core beliefs, values, and goals that shape how you understand, explain, and experience the world around you. Your worldview plays a crucial role in your health, performance, and well-being, yet it might be hard to notice or even describe what your worldview is—because “it’s just the way things are.”

Use this workbook to reflect and become more aware about your mindsets, core beliefs, values, and goals—about the world, who you are, and who others are. Then take a step back and evaluate how your worldview might be impacting your performance, relationships, and well-being.

The Book of _____

(Write your name here)

Another way to think about your worldview is seeing yourself in a story. Your worldview defines the setting you live in, who you are as the main character, and the nature of the other core characters in your life.

This workbook has been divided into those sections and provides questions to help you to think more deeply about your worldview. You don’t need to answer any of the questions you don’t want to. Let your thoughts flow uncensored to help you to become more self-aware. You can write out your worldview in this workbook, use a journal, or even type it into your computer, but it’s recommended that you write it down in some way so you can read it back to yourself. This will help you become more aware about what you believe in this moment and help you see how your worldview has changed over time.



Define your “setting”—Worldview about the world & people in general

Part 1: What are your beliefs about the current nature of the world?

1. Is the world a good or bad place? Is it a boring or interesting place? Is the world beautiful or ugly? Is it dangerous or safe? Do you find the world fun, sad, scary, disappointing, or exciting?
 2. Are the events in the world random or part of a larger plan? Do you believe there's a greater power that controls or influences the universe? If so, what is the nature of this greater power? What happens to you after you die?
 3. Is the world just? Is the world how it should be? Can people be truly happy in this world? Why is there suffering in the world?
 4. Do you like the world? Should we expect the best or worst from the world? Can the world change? If so, is it getting better or worse? What (if anything) would you most like to see changed in the world?
 5. What do you believe is the most common misconception people have about the nature of the world?
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Part 2: What do you believe about the nature of people?

1. Are people good or evil by nature? Both? Neither? Can most people be trusted?
 2. How would you describe most people? Are they smart, tribal, selfless, followers? What words best define the nature of people?
 3. Can people change? What causes or prevents people from changing? Are people, in general, getting better or worse?
 4. Why should people act morally? How do you define if an action by someone is moral or immoral? Do you believe there are any key morals that every human being should hold?
 5. What do you believe is the most common misconception others have about the nature of people?
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Part 3: What evidence and experiences have helped form your worldview about the nature of the world and people in general?

1. Who or what has had the biggest influence on your worldview about the nature of the world and people in general? How so?
2. What experiences have been most influential in forming your worldview about the nature of the world and people in general?
3. How is your worldview about the nature of the world and people different today from how it was 5 or 10 years ago? What misconceptions have you previously had about the nature of the world or people in general?

Define the “main character”—Your worldview about yourself

Part 1: What makes you you? What makes you different from most other people?

6. What are you good or great at? What are you most proud of about yourself? What comes easy to you? What are you most talented at? What (if anything) would you want to always keep the same about yourself?
7. What are your flaws? When are you selfish or not proud of yourself? What areas of life do you struggle with? What (if anything) would you want to change about yourself?
8. What are the biggest improvements you’ve already made about yourself? What things do you still hope to improve? What steps can you take to improve them?
9. How do you think others see you? How do those closest to you see you? How might your family, friends, leaders, and unit see you differently? How would someone who just met you describe you to others?
10. What are the biggest misconceptions about you?

Part 2: What’s your mission in life?

1. What are the values you live by that define who you are or that make you different?
How did you develop these values?
2. Are your actions aligned with your values and morals? What helps you live them out and what gets in the way? What would you do differently if you could change any decisions you’ve made in the past?
3. What do you, at times, value too much that doesn’t align with what you want to value?
4. What do you believe is the purpose of your life? What gives you meaning?
How do you determine if your day, year, etc. was a success or not? What’s on your “bucket list”?
5. How do you want to be remembered? Is this how people currently see you?
How might you still be working to improve?

Part 3: What evidence and experiences helped form your worldview about yourself?

1. What experiences have been most influential in forming your worldview about yourself?
2. Who or what has had the biggest influence on your worldview about yourself? How so?
3. How is your worldview about yourself different today from how it was 5 or 10 years ago?
What misconceptions have you had previously about yourself?

Define the “characters” in your life—Worldview about your specific relationships

Part 1: Who are the main people in your life right now?

1. What are the best relationships in your life right now? What makes them so good?
Who are the people you can rely on no matter what happens in your life?
2. What are the most difficult relationships in your life right now? What makes them a challenge?
Do those people have different beliefs, values, or goals than you?
3. Describe your family, friends, or unit. What’s your relationship with them?
What are their strengths and flaws? How are you similar or different to them?
4. What relationships in your life do you want to improve or change?
How would you want them to change?
5. Are there any new relationships in your life that you don’t have now that you want to develop?
Are there particular people you want to develop a relationship with, or just certain types of relationships you want to develop?

Part 2: What are your values when it comes to relationships?

1. What do you value most in a relationship? What do you look for in others?
What do you bring to a relationship?
2. What does it mean to be in love? Do you believe each person has one person for them?
Is it possible to truly love more than one person at once? What causes someone to fall out of love?
What do you look for in your ideal partner?
3. What does it mean to be a true friend? What keeps a friendship thriving? What actions could end a friendship, or is it possible to have a friendship that can survive anything?
4. Do you believe people should forgive one another? If so, why? What’s the benefit of forgiving someone? When should we forgive someone? Does the other person have to prove they’re sorry?
What does it take to forgive someone? Do we have to forget to forgive? Are there certain things that are unforgivable? Are there any people in your life you’d never forgive?
5. How do your values compare with the values of your family, friends, and other important people in your life?

Part 3: What evidence and experiences have helped form your worldview about your relationships?

1. What experiences have been most influential in forming your worldview about your relationships?
2. Who or what has had the biggest influence on your worldview about your relationships? How so?
3. How is your worldview about your relationships different today from how it was 5 or 10 years ago?
What misconceptions have you had previously about your relationships?

