

# The Brutally Honest AI Self-Reflection Prompts 14

Questions to help you think deeper, see clearer, and grow faster

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# HOW TO USE THIS GUIDE

**Copy and paste these prompts into  
ChatGPT or your preferred AI tool.  
Answer honestly.**

**The goal isn't  
comfort. It's  
clarity.**

**These prompts are designed to  
help you uncover blind spots,  
confront difficult truths, and think  
more intentionally about your  
future.**

# SET THE GROUND RULES



1

## Starting Prompt

*Act as a trusted advisor—someone who knows me well, has my back, and is brutally honest. I'm going to ask you questions about my life and work. Your job is to deliver answers that are candid, useful, and direct. Can you do that?*

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2

## Blind Spots

*What do you know about me that I don't know about myself? What are my blind spots?*

3

## Reputation Reality Check

*Based on what you know about me, my work, and my life...*

*What nasty things do people say about me behind my back?*

# SELF-AWARENESS PROMPTS

4

## Personal SWOT Analysis

*Please do a SWOT analysis of my life and work. What are my strengths, weaknesses, opportunities, and most important threats?*

5

## Performance and Growth Diagnosis

*Tell me what I'm doing wrong. What am I underestimating? What am I avoiding? What excuses am I making? Where am I wasting time or playing small? Then tell me what I need to do, think, or build to reach the next level with precision, clarity, and ruthless prioritization.*

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## Internal Truths

*What lies do I tell myself to avoid facing uncomfortable truths?*

7

## Hidden Hypocrisy

*What do I secretly judge others for that I'm actually guilty of myself?*

# FUTURE AND DIRECTION PROMPTS

8

## Long-Term Trajectory

*Based on everything you know about me...*

*Where do you see me in five years?*

9

## Values vs. Reality

*What am I pretending to care about that I actually don't care about?*

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# FUTURE AND DIRECTION PROMPTS

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## Integrity Check

*What advice do I give others that I'm terrible at following myself?*

11

## The Question You're Avoiding

*What question am I not asking that I probably should be?*

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# FUTURE AND DIRECTION PROMPTS

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## Legacy and Tradeoffs

*What am I willing to sacrifice—comfort, reputation, revenue, admiration—in order to do work that truly scares me and could outlive me?*

13

## Approval and Authenticity

*Whose approval am I still chasing?*

*What would I create if I stopped?*

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# FUTURE AND DIRECTION PROMPTS



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## Final Perspective

*If I only had three big projects left in me, what could they be?*

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# CLOSING NOTE

**Growth begins with  
asking better questions.  
Clarity requires honesty.  
Progress requires  
action.**

**Save your responses. Revisit them often.  
Use them as a starting point for  
meaningful change.**