

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

AI SELF-REFLECTION PROMPTS

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.

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SET THE GROUND RULES

AI SELF-REFLECTION PROMPTS

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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SELF-AWARENESS PROMPTS

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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?

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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.

SELF-AWARENESS PROMPTS

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6

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?

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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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10

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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12

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?*

FUTURE AND DIRECTION PROMPTS

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14

Final Perspective

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

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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.