

Self-Identity Exploration

Get to Know Yourself to Grow

Welcome to your journey of self-discovery. This worksheet is designed to gently guide you through exploring your identity. Remember, this is a safe space for reflection, growth, and empowerment. Feel free to redefine who you are at any moment—it's all part of the journey.

Understanding Identity

Identity is how you see yourself—your values, roles, beliefs, and experiences. It is not static and can evolve over time.

Gentle Reminder: "You are allowed to grow and redefine yourself!"

Who Am I?

Reflect on who you are with the prompts below. Take your time and be honest with yourself.

- *I am someone who...*
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- *Important roles I have in my life are...*
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- *Things that matter to me are...*
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Values & Beliefs

Consider the guiding principles and beliefs that shape your life.

- *What do I stand for?*
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- *What beliefs guide my decisions?*
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Past vs Present Self

Reflect on your growth by comparing your past and present selves.

Who I Was	Who I Am Becoming

Strengths & Traits

Identify the qualities that make you unique. Use the checklist or provide your own descriptions.

- *Qualities that describe me...*
 - Empathetic
 - Resilient
 - Creative
 - Courageous
 - Thoughtful

Authenticity Check

Understanding where you feel most yourself can guide you to live more authentically.

- *Where do I feel most like myself?*
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- *Where do I feel I hide or shrink?*
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Future Self Vision

Envision the person you aspire to become and the life you wish to lead.

- *The person I want to grow into is...*
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- *I want my life to feel like...*

Reflection

Take a moment to reflect on what you've learned about yourself during this exercise.

- *What did I learn about myself through this exercise?*
