

WHO AM I BEYOND ROLES?

Exploring Identity Beyond Everyday Roles



Welcome to your personal exploration journey! This worksheet is designed to help you delve into your identity beyond the roles you play in life. Use this space to reflect, write, and draw to uncover the essence of who you truly are.

List Your Roles

Take a moment to list the various roles you play in life. Consider roles such as:

- Student
- Sibling
- Friend
- Employee

Write your roles here:

Feelings & Strengths Beyond Roles

Reflect on how you feel and what strengths you possess outside of your usual roles. Understanding these can offer a deeper sense of self-awareness.

Feelings I experience beyond my roles:

Strengths I have that aren't tied to my roles:

Hobbies & Passions

What activities light you up? List your hobbies and passions that bring joy and fulfillment.

My hobbies and passions:

Personal Values & Dreams

Identify your core values and dreams that guide your life. These reflect what truly matters to you.

My personal values:

My dreams for the future:

Self-Reflection Questions

Use these questions to further explore who you are beyond your roles.

1. What do I enjoy when no one is watching?
2. When do I feel most at peace?
3. What is something I've always wanted to learn or improve?
4. How do I define success for myself?

Reflect and write your thoughts:

Motivational Quote

"You are more than what you do."