

Who Am I



identity exploration exercise

Identity is essentially how you view, describe, and present yourself. It can encompass various roles, traits, or experiences. For instance, your identity might include being a parent, a survivor, a dog owner, someone living with a chronic illness, and a kind person. Having a strong sense of identity can provide meaning and direction in your life.

Instructions: Identify and describe the different parts of your identity. Then, rate how strongly you connect with each part (1 = not at all, 10 = very strongly). Note: You don't need to use all the boxes.

Part of my identity	Rating (1-10)	Part of my identity	Rating (1-10)
What it means to me:		What it means to me:	



Your Wisest Self

life reflection
exercise



Part of my identity	Rating (1-10)	Part of my identity	Rating (1-10)
What it means to me:		What it means to me:	

Part of my identity	Rating (1-10)	Part of my identity	Rating (1-10)
What it means to me:		What it means to me:	

Think about the most significant elements of your identity and create a title or nickname that captures them. For example, you might use something like "Adventurous Bookworm with a Passion for Cooking" or "Empathetic Teacher and Nature Enthusiast." Let your creativity shine and choose a title that truly represents who you are!

