



Who Am I?



EXPLORING MY IDENTITY, VALUES, STRENGTHS & PURPOSE

This worksheet is about getting to know YOU on a deeper level. There are no right or wrong answers. Be honest. Be real. This is your journey.

Date: _____

1. BASICALLY ME

Fill in the blanks to describe who you are.

I am _____
I am not _____
I enjoy _____
I am good at _____
I struggle with _____
I care about _____
I value _____
I want _____
I need _____



2. MY VALUES

What is most important to you?
Circle your top 5 values from the list or add your own.

Honesty Trust
Respect Compassion
Loyalty Discipline
Kindness Creativity
Faith Integrity
Family Love
Freedom Peace
Responsibility Generosity
Growth Ambition

Other: _____
Other: _____



3. MY STRENGTHS

What are some of your strengths, skills, or positive qualities?
List as many as you can.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



4. PEOPLE WHO SHAPE ME

Who are the people that have had the biggest impact on your life?
How did they impact you?

 Name: _____
Impact: _____

 Name: _____
Impact: _____

 Name: _____
Impact: _____

5. THINGS THAT MATTER TO ME

What do you care deeply about?
List the things, causes, or people that matter most to you.

- _____
- _____
- _____
- _____
- _____
- _____
- _____



6. MY PASSIONS & INTERESTS

What activities, hobbies, or topics make you feel alive?

- _____
- _____
- _____
- _____
- _____
- _____



7. MY STORY

In a few sentences, write your story so far.
Include the good, the hard, and the lessons you've learned.



8. THE PERSON I AM BECOMING

Who do you want to become?
What kind of person are you working to be each day?



ONE WORD THAT DESCRIBES ME RIGHT NOW:



ONE WORD I WANT TO BE:

