

Identity Worksheet

Personal information	
Name	Age
Describe your gender identity and how it shapes your sense of self.	
Reflect on your cultural background and its influence on your identity.	
Values and Beliefs	
Identify three core values that are important to you and explain why they matter.	
Reflect on any significant life experiences or events that have shaped your beliefs.	
Explore how your values and beliefs guide your decision-making process.	
Interests and Hobbies	
List three activities or hobbies that you enjoy and describe why they bring you joy.	
Reflect on how your interests contribute to your overall identity.	
Consider if there are any new interests or hobbies you would like to explore in the future.	

Strength and Weaknesses

Identify three strengths or skills that you possess and how they positively impact your life.

Reflect on areas where you feel you have room for growth or improvement.

Describe strategies or steps you can take to enhance your weaker areas.

Goals and Aspirations

Identify one short-term and one long-term personal goal and explain why they are important to you.

Reflect on any obstacles or challenges that may arise in achieving these goals.

Outline specific action steps you can take to work towards your aspirations.

Cultural Identity

Reflect on your cultural heritage and traditions. How do they contribute to your sense of identity?

Describe any experiences or connections you have had with your cultural community.

Explore how your cultural identity has shaped your worldview and interactions with others.

Self-Reflection

Take a moment to reflect on your thoughts and emotions. What patterns or recurring themes do you notice?

Consider any recent personal growth or changes you have experienced.

Write down any questions or areas of self-discovery that you would like to explore further.

Additional notes