

# Self-Identity Worksheet

## Personal Information

- **Name:**
- **Date of Birth:**
- **Place of Birth:**
- **Current Location:**

## General Attributes

### 1. Gender:

- Male
- Female
- Non-Binary
- Other: \_\_\_\_\_

### 2. Sexual Orientation:

- Heterosexual
- Homosexual
- Bisexual
- Asexual
- Other: \_\_\_\_\_

### 3. Ethnicity:

- Caucasian
- African American
- Hispanic
- Asian
- Native American
- Other: \_\_\_\_\_

### 4. Religious Beliefs:

- Christian
- Muslim
- Jewish

- Buddhist
- Hindu
- Agnostic
- Atheist
- Other: \_\_\_\_\_

## Personality Traits

### 1. Introverted or Extroverted?

- Introverted
- Extroverted

**Why?**

### 2. Organized or Spontaneous?

- Organized
- Spontaneous

**Why?**

### 3. Rational or Emotional?

- Rational
- Emotional

**Why?**

### 4. Reserved or Outgoing?

- Reserved
- Outgoing

**Why?**

### 5. Top 5 Core Values:

- 1.
- 2.
- 3.
- 4.
- 5.

## Strengths and Weaknesses

### 1. Strengths:

- 
- 
- 

### 2. Weaknesses:

- 
- 
- 

## Interests and Passions

### 1. Hobbies:

- 
- 
- 

### 2. Passions:

- 
- 
- 

### 3. Career Goals:

- 
- 
- 

## Relationships

### 1. Significant Other:

- Single
- In a Relationship
- Married
- Divorced
- Widowed

## 2. Family:

- Parents: \_\_\_\_\_
- Siblings: \_\_\_\_\_
- Other Important Relatives: \_\_\_\_\_

## 3. Close Friends:

- 
- 
- 

## Reflection Questions

1. What makes you unique?
2. What are the experiences that have shaped you?
3. What do you want to achieve in your lifetime?
4. What challenges have you faced, and how did you overcome them?
5. Where do you see yourself in 5 years?

---

Feel free to print this out for your own use. You can also revisit this worksheet periodically to update your answers as you grow and change.