

Who Am I?

Name of Client: _____ Age: _____ Date: _____

The "Who Am I" worksheet reflects on and explores your identity, values, and goals. It provides a structured framework to gain insight into your personal beliefs, strengths, and areas for growth, offering clarity and a deeper understanding of yourself.

Self-Reflection Questions	Responses
1. I feel most alive when...	
2. My greatest strengths are...	
3. When faced with challenges, I tend to...	
4. The values that guide my life are...	
5. I am most proud of...	
6. In my relationships, I am...	
7. When it comes to my career, I am...	
8. I feel fulfilled when...	
9. The things that energize me are...	
10. My most significant accomplishments so far are...	
11. I am passionate about...	
12. The people who inspire me are...	
13. My ideal day would consist of...	
14. I am at my best when...	

15. I often receive compliments about...	
16. My favorite hobbies and activities are...	
17. I believe in myself when...	
18. I struggle with...	
19. The goals I am currently working towards are...	
20. I am motivated by...	

Reflections and Insights

Counselor's Signature: _____

Counselor's Name: _____

Date: _____