

Who Am I?: Exploring My Identity

Name: _____

Directions: Identity, as we've discussed, is the qualities, characteristics, and beliefs that make you who you are. Each person has their own unique identity. Your identity is shaped by many factors such as your experiences, your family, and other people around you. In this activity, you'll have the opportunity to explore your identity in more depth.

Character Traits: Circle all of the words that you would use to describe yourself.

Artistic	Brave	Caring	Loyal	Helpful	Friendly	Patient
Funny	Positive	Witty	Warm	Strong	Athletic	Determined
Curious	Smart	Kind	Honest	Quiet	Generous	Motivated
Creative	Playful	Sensitive	Optimistic	Open	Adventurous	Reliable

What additional words would you add?

Think about how others would describe you. What words might they use to describe who you are? Put a check next to any words above that you believe others would use to describe you.

What additional words that haven't been included might others use to describe you?

Why might there be a difference between the way you describe yourself and the way others would describe you?

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More About My Identity

Write or sketch your ideas.

How would I describe myself?

How would my family describe me?

How would my friends describe me?

Where do I live and go to school?

What do I like to do in my free time?

What are my favorite things?

What are some important things about my family?

What groups or teams do I belong to?

What do I want to be or do in the future?

Other Important Things About Me