



Who Am I?

*A Self-Expression
Workbook for Teens*

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With
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About This Workbook

This workbook is a space for curiosity, creativity, and self-discovery. It's here to help you explore the question "Who am I?" – not by finding one perfect answer, but by noticing the many parts that make you, you.

Inside these pages, you'll explore your personality, values, strengths, interests, influences, and the different sides of yourself that appear in different moments of life. You'll use writing, drawing, imagination, reflection, and small experiments to learn more about how you think, what matters to you, and what sparks your curiosity.

Try what feels interesting. Skip what doesn't. Come back to pages later if your thoughts change.

However you choose to use these pages, remember that the question "Who am I?" is not something you answer once. It's something you keep discovering.

Section 1



Where Do “I” Begin?

Taking a first look at who you are

Before exploring details it helps to begin with broad curiosity. This first section invites you to step back and look at the big picture of who you are right now.

You don't need to have perfect answers. In fact, most people don't. Identity is something that grows and changes over time. Think of this section as the beginning of an exploration. You're simply noticing what is already there.

Be honest, be creative, and let yourself explore.

The Who Am I Collage

Fill this page with words, drawings, or symbols that represent you today. You might include things you enjoy, care about, see everyday, etc. Or things on your bucket list, things you're still figuring out, and your fears/doubts. Feel free to doodle. Use the margins. Make it messy!

Side Quest

Complete these "I am..." sentences three different ways.

I am _____

I am _____

I am _____

If You Really Knew Me...

There are parts of you that people see right away—and parts that stay hidden, quiet, or hard to explain. This exercise is about exploring those less visible parts of who you are. Finish the sentence differently each time. You might write about:

- Things you care about deeply
- Things you worry about
- Things people misunderstand about you
- Things you don't usually say out loud
- Things you're proud of
- Things you're still figuring out
- Small, random, or unexpected facts

If you really knew me, you would know...

If you really knew me, you would know...

If you really knew me, you would know...

If you really knew me, you would know...

The Questions I'm Carrying

Everyone carries questions about life. Some questions are small. Others are big. Write down several questions you've been thinking about lately. They might be about friendships, the future, the world, yourself, or anything you don't understand yet. You don't have to do this all right away! Come back here to write questions as they occur to you later.



Side Quest

Circle one question that feels especially important to you right now. Spend 30 seconds reflecting on why you chose this question. Try to focus!

Remember to breathe. Spend the full 30 seconds thinking only about this question.

Section 2



Personality

Understanding how you experience the world

Personality is the collection of patterns that shape how you think, feel, and respond to the world around you. It includes things like how you recharge your energy, how you approach challenges, how you connect with others, and what naturally sparks your curiosity.

Some people are energetic and expressive. Others are thoughtful and observant. Many people are a mixture of both depending on the situation.

In this section, you'll start with 5 short quizzes to help you measure 5 aspects of your personality. Then you'll look at what this means for how you move through the world.

Curiosity & Imagination



Read each statement and rate how true it feels for you.



1	2	3	4	5
NOT LIKE ME	A LITTLE LIKE ME	SOMETIMES LIKE ME	MOSTLY LIKE ME	VERY MUCH LIKE ME

① I enjoy thinking about unusual or big ideas. 1 2 3 4 5

② I like trying new activities even if I might not be good at them. 1 2 3 4 5

③ I often imagine different ways things could work. 1 2 3 4 5

④ I enjoy art, music, stories, or creative projects. 1 2 3 4 5

⑤ I ask questions about how or why things work. 1 2 3 4 5

⑥ I get bored if everything stays the same for too long. 1 2 3 4 5

⑦ I enjoy learning about topics most people don't talk about. 1 2 3 4 5

⑧ I like exploring new perspectives or opinions. 1 2 3 4 5

ADD YOUR SCORES AND WRITE THE NUMBER HERE! →

ANSWER KEY:

- 32-40: Very curious and imaginative
- 24-31: Moderately curious
- 16-23: Sometimes curious
- 8-15: Prefer familiar things



Focus & Follow-Through



Read each statement and
rate how true it feels for you.



1	2	3	4	5
NOT LIKE ME	A LITTLE LIKE ME	SOMETIMES LIKE ME	MOSTLY LIKE ME	VERY MUCH LIKE ME

① I finish tasks even when they are difficult. 1 2 3 4 5

② I usually plan ahead rather than doing things at the last minute. 1 2 3 4 5

③ I keep track of responsibilities (school, chores, commitments). 1 2 3 4 5

④ When I set a goal, I work steadily toward it. 1 2 3 4 5

⑤ I stay focused even when distractions are around. 1 2 3 4 5

⑥ I like keeping things organized. 1 2 3 4 5

⑦ People can rely on me to do what I say I will do. 1 2 3 4 5

⑧ I break big tasks into smaller steps. 1 2 3 4 5



ADD YOUR SCORES
AND WRITE THE
NUMBER HERE! →

ANSWER KEY:

32-40: Strong follow-through

24-31: Usually responsible

16-23: Sometimes consistent

8-15: More spontaneous than structured



Social Energy



Read each statement and
rate how true it feels for you.



1	2	3	4	5
NOT LIKE ME	A LITTLE LIKE ME	SOMETIMES LIKE ME	MOSTLY LIKE ME	VERY MUCH LIKE ME

① I enjoy meeting new people. 1 2 3 4 5

② I feel energized after spending time with others. 1 2 3 4 5

③ I enjoy being part of group activities. 1 2 3 4 5


④ I like expressing my ideas in conversations. 1 2 3 4 5

⑤ I feel comfortable speaking up in groups. 1 2 3 4 5

⑥ I enjoy lively environments. 1 2 3 4 5

⑦ I often start conversations. 1 2 3 4 5

⑧ I like being around people most of the time. 1 2 3 4 5

 ADD YOUR SCORES AND WRITE THE NUMBER HERE! →

ANSWER KEY:

- 32-40: Very socially energized
- 24-31: Balanced social energy
- 16-23: Somewhat reserved
- 8-15: Prefer quieter environments



Kindness & Cooperation



Read each statement and
rate how true it feels for you.



1	2	3	4	5
NOT LIKE ME	A LITTLE LIKE ME	SOMETIMES LIKE ME	MOSTLY LIKE ME	VERY MUCH LIKE ME

① I try to understand how other people feel. 1 2 3 4 5

② I try to help when someone is struggling. 1 2 3 4 5

③ I prefer cooperation over competition. 1 2 3 4 5

④ I forgive people when they make mistakes. 1 2 3 4 5

⑤ I try to treat others fairly. 1 2 3 4 5

⑥ I listen carefully to other people's opinions. 1 2 3 4 5

⑦ I try to avoid hurting people's feelings. 1 2 3 4 5

⑧ I care about how my actions affect others. 1 2 3 4 5

ADD YOUR SCORES AND WRITE THE NUMBER HERE! →

ANSWER KEY:

- 32-40: Highly empathetic
- 24-31: Generally cooperative
- 16-23: Sometimes empathetic
- 8-15: More independent or competitive



Emotional Sensitivity



Read each statement and rate how true it feels for you.



1	2	3	4	5
NOT LIKE ME	A LITTLE LIKE ME	SOMETIMES LIKE ME	MOSTLY LIKE ME	VERY MUCH LIKE ME

<p>① I worry about things that might go wrong.</p>	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
<hr/>	
<p>② My mood can change quickly depending on what happens.</p>	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
<hr/>	
<p>③ I feel stressed when things are uncertain.</p>	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
<hr/>	
<p>④ I think a lot about mistakes I've made.</p>	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
<hr/>	
<p>⑤ I sometimes feel overwhelmed by emotions.</p>	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
<hr/>	
<p>⑥ I feel nervous before important events.</p>	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
<hr/>	
<p>⑦ I notice small changes in how people treat me.</p>	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
<hr/>	
<p>⑧ I replay situations in my mind afterward.</p>	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5



ADD YOUR SCORES AND WRITE THE NUMBER HERE! →

ANSWER KEY:

- 32-40: Highly emotionally sensitive
- 24-31: Moderately sensitive
- 16-23: Some emotional sensitivity
- 8-15: Emotionally steady



Personality Snapshot

You've explored five different parts of your personality. Now it's time to zoom out and see the whole picture. Think of this page as a personality dashboard or map of how you move through the world right now. There are no good or bad scores—just information about how you tend to think, feel, and act. Start by listing your score for each trait.

Curiosity & Imagination	
Focus & Follow-Through	
Social Energy	
Kindness & Cooperation	
Emotional Sensitivity	

Which trait surprised you the most? Why?

One way my personality helps me:

One situation my personality might challenge me:

Side Quest

Imagine someone writing a one-sentence description of your personality. Finish this sentence:

"I'm the type of person who _____

Creature Mashup

Page 1

Here's another way to think about your personality. Imagine your personality as a mythical creature made from the parts of other creatures. Start by reading these questions and circling the answer that feels most like you most of the time.

When you have free time, you usually prefer to:

- A. Hang out with friends or be around people
- B. Spend time alone or with one or two close friends
- C. A mix of both depending on the day

Social Creature

When you encounter something new, you usually:

- A. Get excited and want to explore it immediately
- B. Prefer things you already know and enjoy
- C. Like new things, but also enjoy familiar ones

Curiosity Creature

Your room, backpack, or workspace usually looks:

- A. Organized and planned out
- B. A little chaotic but creative
- C. Somewhere in between

Organization Creature

When working with others, you tend to:

- A. Try to help everyone get along
- B. Speak your mind directly
- C. Listen first and then decide

Cooperation Creature

When strong emotions happen, you usually:

- A. Feel emotions deeply and intensely
- B. Stay calm and steady
- C. Experience both depending on the situation

Emotion Creature

Creature Mashup

Page 2

Look at your answers on the previous page. Circle the animal that goes with each question.

Social Creature Results:

Mostly A → Monkey (social and energetic)
Mostly B → Turtle (quiet and thoughtful)
Mostly C → Fox (comfortable in both worlds)

Curiosity Creature Results:

Mostly A → Dragon (curious and imaginative)
Mostly B → Deer (steady and grounded)
Mostly C → Wolf (balanced explorer)

Organization Creature Results:

Mostly A → Bee (organized and hardworking)
Mostly B → Otter (playful and spontaneous)
Mostly C → Raccoon (adaptable solver)

Cooperation Creature Results:

Mostly A → Dog (loyal and supportive)
Mostly B → Eagle (bold and independent)
Mostly C → Elephant (thoughtful and wise)

Emotion Creature Results:

Mostly A → Dolphin (emotionally aware)
Mostly B → Bear (steady and resilient)
Mostly C → Leopard (adaptable and aware)

Now illustrate your mythical creature, combining parts of all your personality animals into one amazing monster!

Section 3



Values

Discovering what matters to you most

Values are the ideas and principles that feel important deep inside. They influence the choices you make, the people you admire, and the kind of person you want to become.

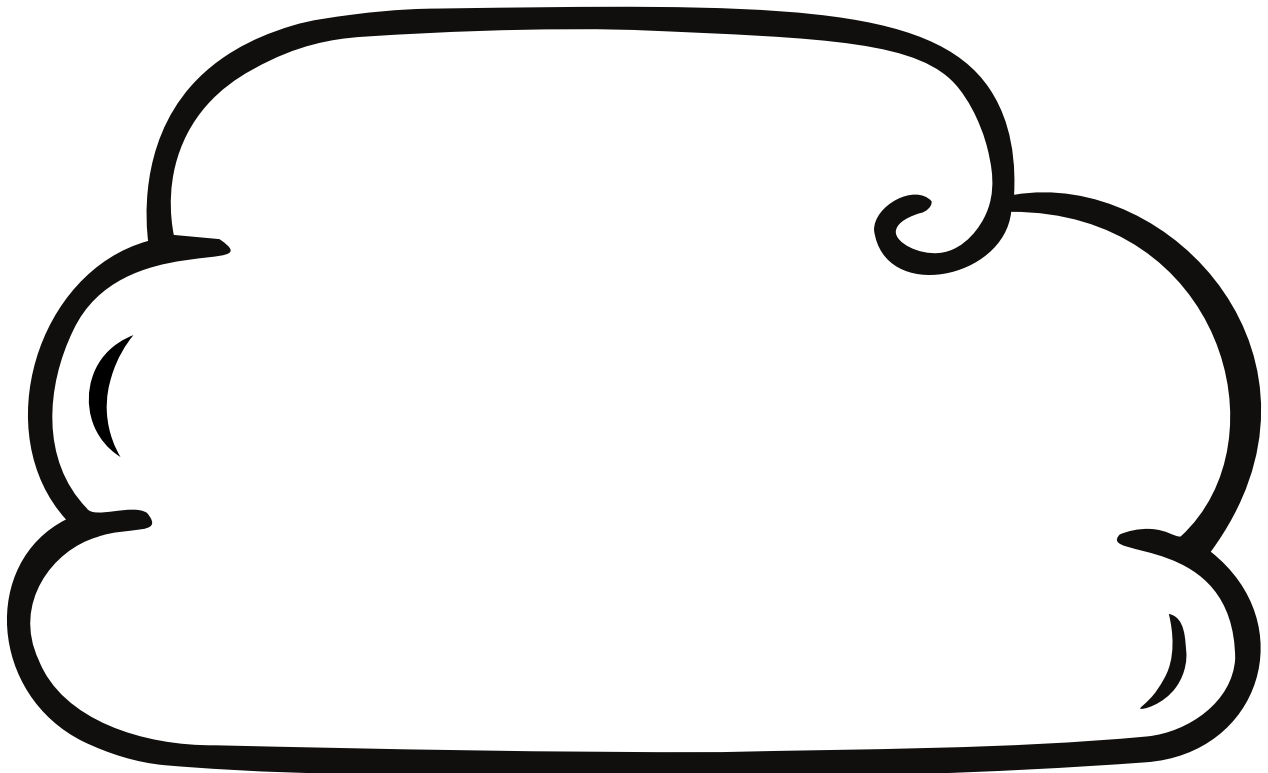
Sometimes values are easy to see. Other times they show up through our actions, our proud moments, or the things that make us feel strongly about fairness, kindness, or curiosity.

As you work through these pages, you may discover values you already live by and others you want to develop more intentionally.

Values Cloud

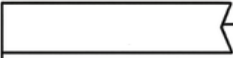
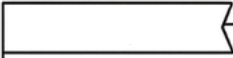
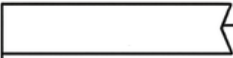
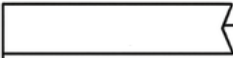
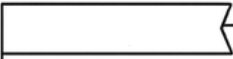
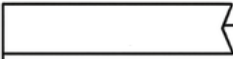
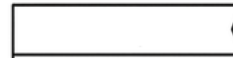
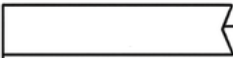
Values are the things that feel important deep inside. They influence the choices we make and the kind of person we want to be. Choose at least 10 values from this list – or pick your own! – and illustrate them large and small, like a word cloud, to show what you value most.

Kindness • Honesty • Courage • Compassion • Loyalty • Responsibility • Respect • Integrity • Curiosity • Creativity • Friendship • Fairness • Justice • Generosity • Gratitude • Humility • Patience • Forgiveness • Empathy • Trust • Independence • Freedom • Authenticity • Self-respect • Self-discipline • Determination • Perseverance • Achievement • Growth • Learning • Adventure • Exploration • Playfulness • Joy • Optimism • Hope • Peace • Balance • Simplicity • Wisdom • Leadership • Cooperation • Community • Service • Sustainability • Innovation • Excellence • Open-mindedness • Accountability • Purpose



The Values I Live By

Sometimes the values we say we believe are different from the values we actually practice. Think about the values cloud you made on the previous page. Write a value in each flag. Then use the box to write or draw a time when you showed his value.

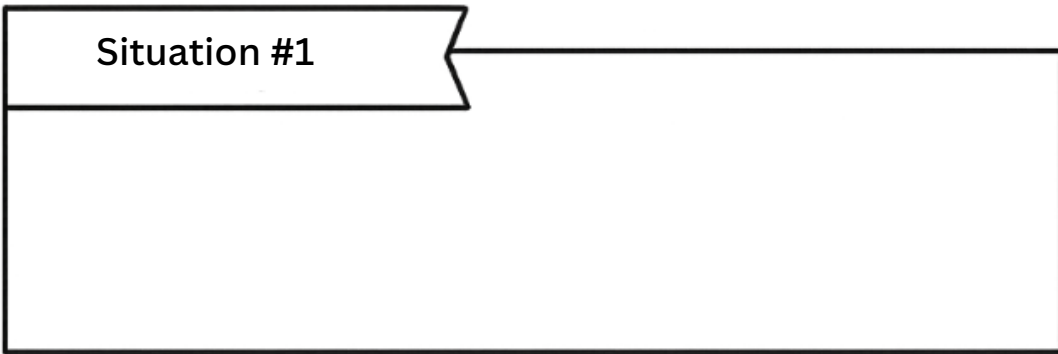
Side Quest

Is there a value you want to practice more intentionally? List it here. Then describe a time you FAILED to express this value:

Moments of Pride

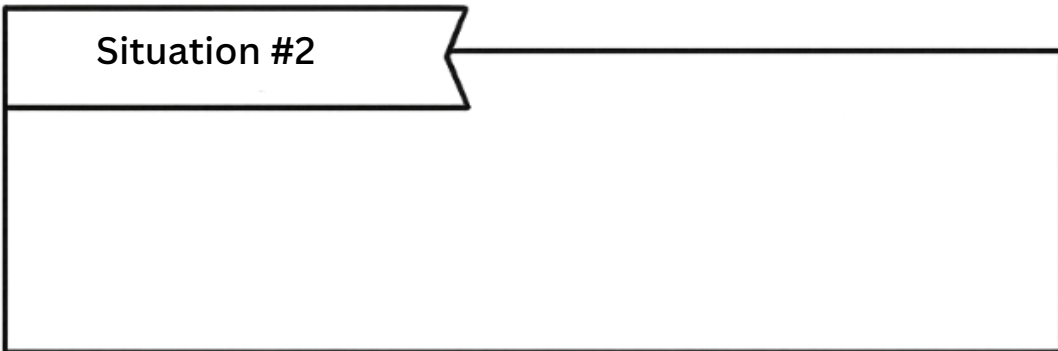
Write about or illustrate a challenging situation or a time when you felt tested. Then list the values you showed...or WISH you had showed.

Situation #1



Values:

Situation #2



Values:

Side Quest

Draw a "pride badge" to represent one of these moments in which you showed your values:

The Voices In My Head

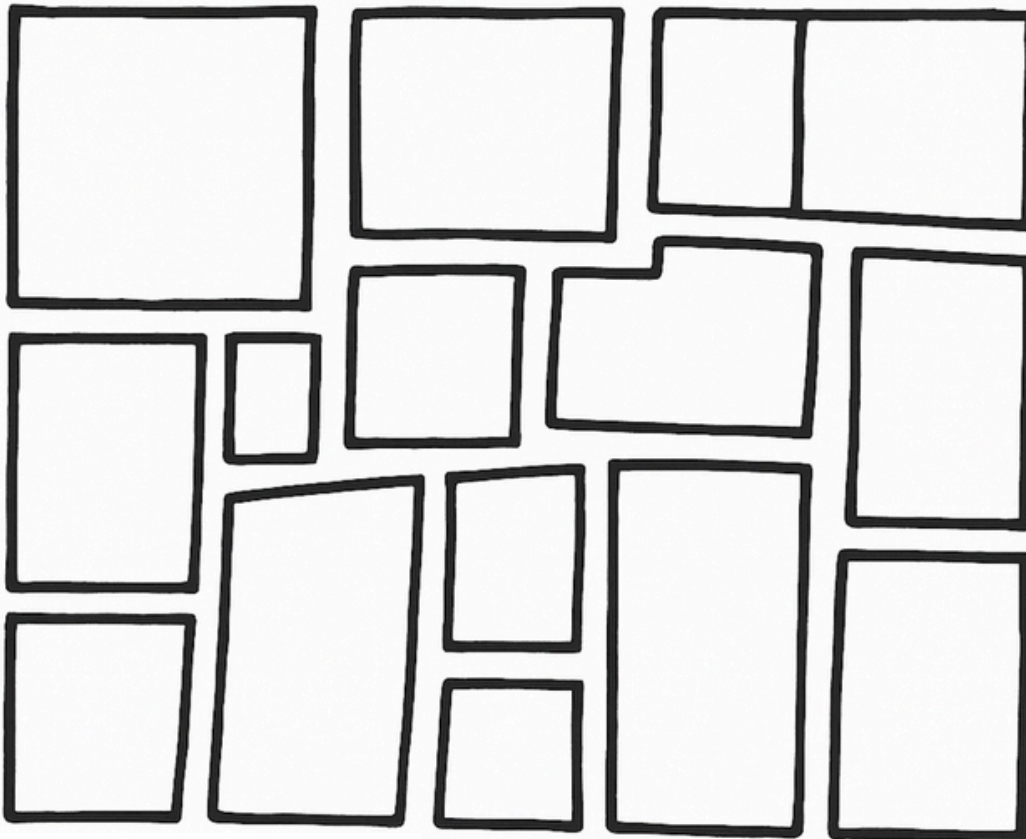
Inside everyone's mind are many voices. Some come from people in your life. Others come from experiences, culture, or ideas you've heard over time. These voices can influence what you believe is important—your values. Think about the voices that have helped shape what matters to you. Then illustrate at least three people whose voice influences you and give them a quote bubble with something they might say. You might pick a family member, teacher or coach, friend, character from a book/movie, cultural voice, etc.

Side Quest

Which voice deserves more attention? Which voice might need to be quieter? Why?

Best Self vs. Worst Self Comic Strip

Inside every person are different parts of themselves. Sometimes your best self shows up—the part of you that acts with courage, kindness, honesty, or responsibility. Other times your worst self appears—the part that reacts out of anger, fear, selfishness, or impulse. Illustrate a comic strip in which your “best self” and “worst self” argue about how to handle a situation. Show a situation. Show your best self and worst self speaking or acting. Then show the outcome. Maybe your best self wins...and maybe it does not.



Side Quest

How does your worst self make your life EASIER?
And how does your best self make life more difficult?

Section 4



Inside & Out

Exploring the different sides of yourself & your many identities

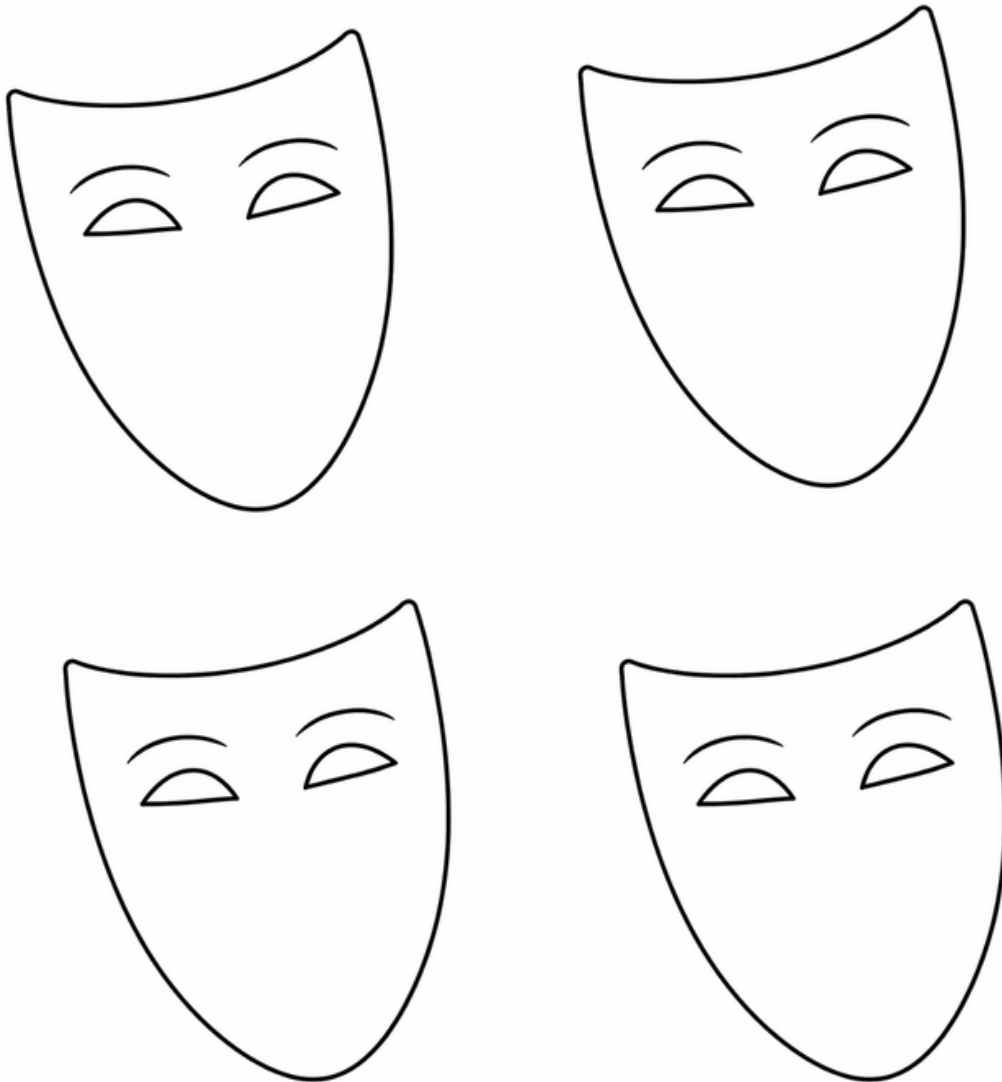
People are complex. We often have different sides that show up in different situations. The version of you at school might feel different from the version of you with friends, family, or when you are alone.

Everyone has layers, contradictions, and parts that are still growing or learning how to work together. It means you are human.

In this section, you'll explore the inner and outer sides of your identity – how you see yourself, how others might see you, and how different parts of you interact.

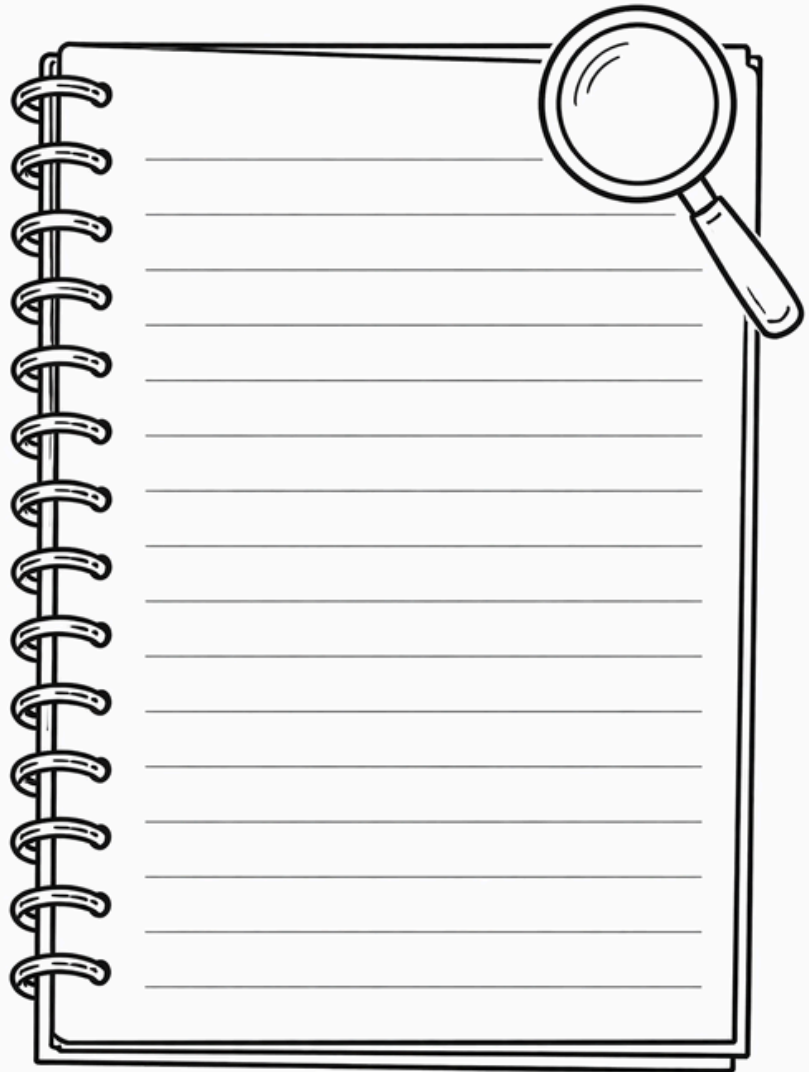
The Masks I Wear

People sometimes behave differently depending on where they are or who they are with. This isn't fake – it's part of how humans adapt. Label these masks with situations where you represent different versions of yourself. Choose from this list or pick your own: School self, friend self, family self, private self, etc. If possible, use colors!



Identity Detective

For one day, become a detective studying your own behavior. Pay attention to moments when you feel confident, curious, uncomfortable, excited, quiet, energized, etc. When you notice how you are feeling – any way you are feeling! – list the feeling and what you were doing.

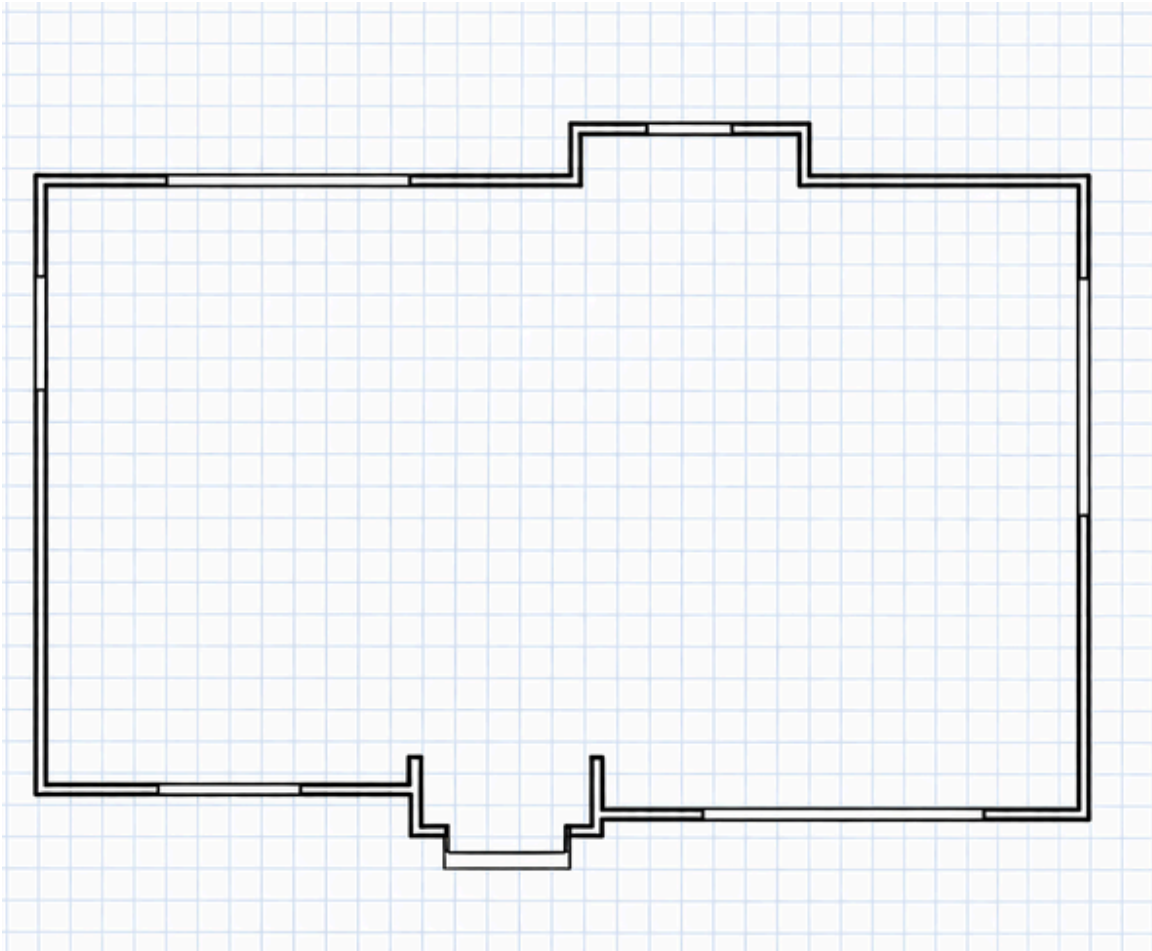


Side Quest

Notice when you laugh or smile naturally during the day. What were you doing?

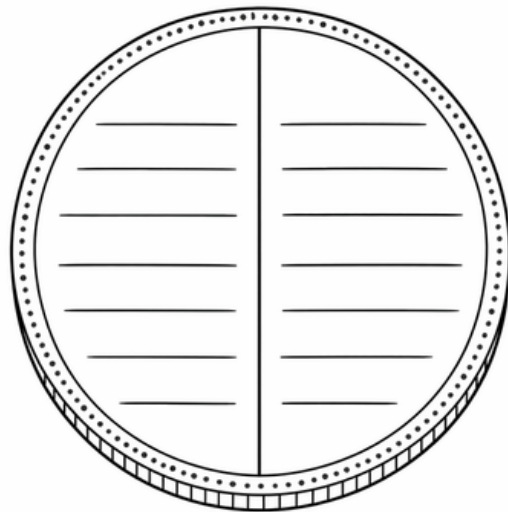
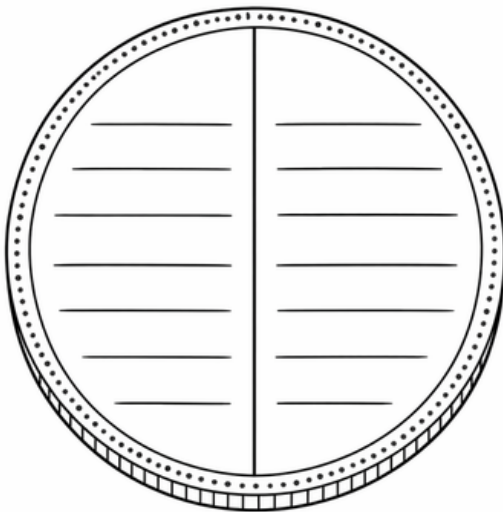
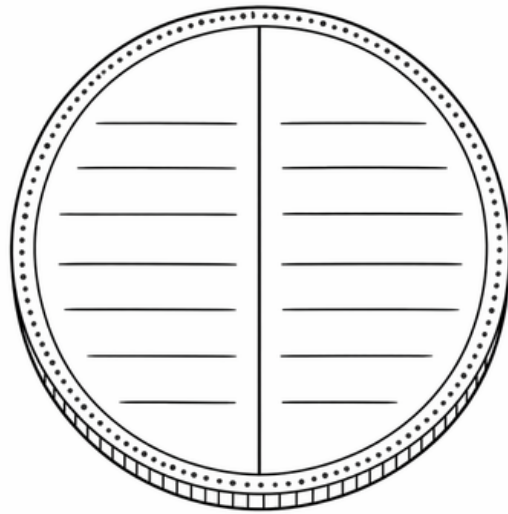
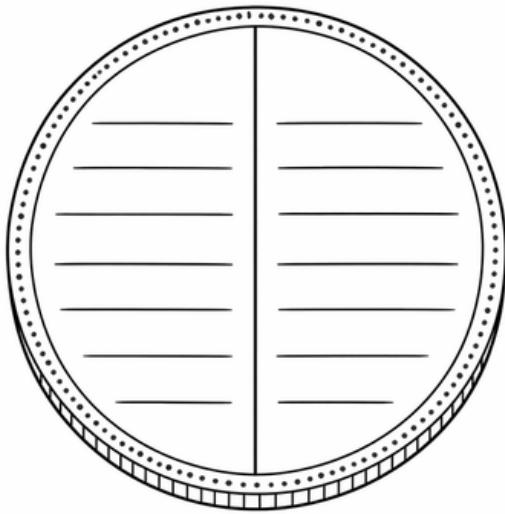
Identity Floorplan

Divide this floorplan into rooms showing “big” and “small” parts of your identity. You might choose rooms from the following list, or brainstorm your own! Student, friend, sibling, teammate, leader, artist, athlete, joker, musician, activist, listener, dreamer, inventor, connector, procrastinator, etc.



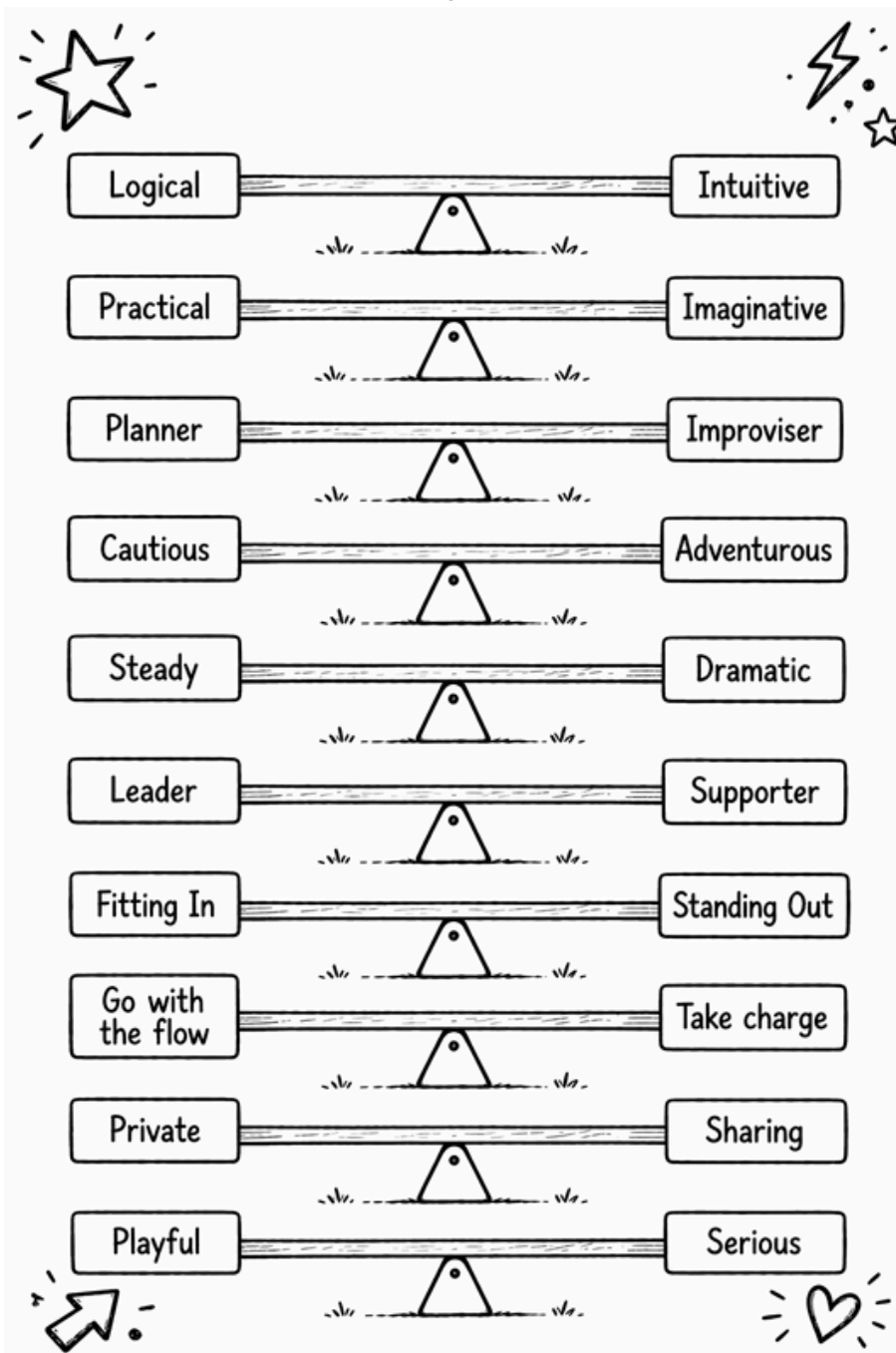
Two-Sided Coin

Some personality traits have two sides, for example: cautious ↔ adventurous; quiet ↔ expressive; serious ↔ playful. At the top of each side of these coins, list opposite personality traits that you feel inside yourself. Then write about a time when you have shown each trait.



Identity Teeter-Totters

Many personality traits balance each other. Draw where you “sit” between these pairs of personality traits. If you want, write notes to yourself with examples or explanations. What do you notice?



Section 5



Interests & Strengths

Following curiosity toward what excites you

Strengths and interests are two important clues in discovering who you are. The things you enjoy and the things you do well often point toward the same deeper parts of your identity.

Strengths are abilities that come naturally to you or that you've developed through practice. Interests are the activities, topics, and experiences that capture your attention and make you want to learn more.

Sometimes your strengths and interests overlap. Other times they grow in different directions—and that's part of the adventure of learning about yourself.

This section invites you to explore what you enjoy, what you're good at, and how those two parts of you might connect.

Energy Map

Some activities leave you feeling more alive, focused, and motivated. Others leave you feeling drained, distracted, or worn out. An energy map helps you pay attention to how different parts of your life affect you. It's not about what you should enjoy or what you're supposed to be good at. It's about what actually gives you energy and what takes it away. This exercise invites you to map your energy so you can start to see patterns—and learn more about what fuels you.

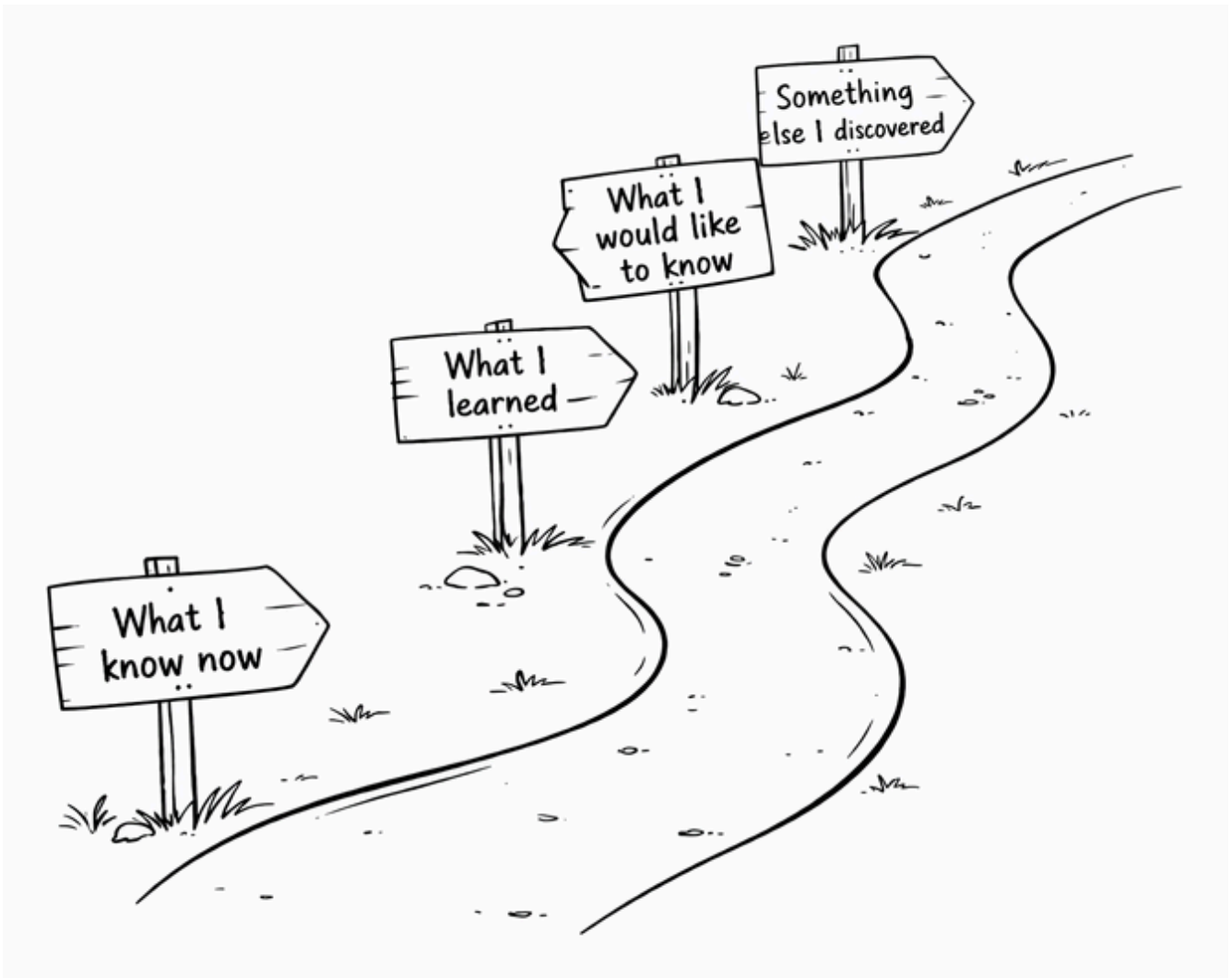
Use this space to list or illustrate things that GIVE you energy

Use this space to list or illustrate things that DRAIN your energy

The Curiosity Expedition

Choose something that sparks your curiosity. Answer the first signpost: “What I know now.” Then spend 15 minutes exploring your topic and fill in the path next to the remaining signposts.

Examples: read about a topic, watch a short documentary, learn a skill online, observe something in nature.



The Spark List

Sometimes the hardest part of exploring things that interest you is thinking of these things in the first place. Use this space to brainstorm the “sparks” of interesting ideas – topics, projects, dreams, skills, etc. When you think of something new, come back here to add to your list! When you need something to explore, flip to this page and pick your favorite



Strengths Discovery Quiz



Everyone has strengths – but they can be hard to see from the inside! For each question, circle the answer that sounds most like you most of the time.

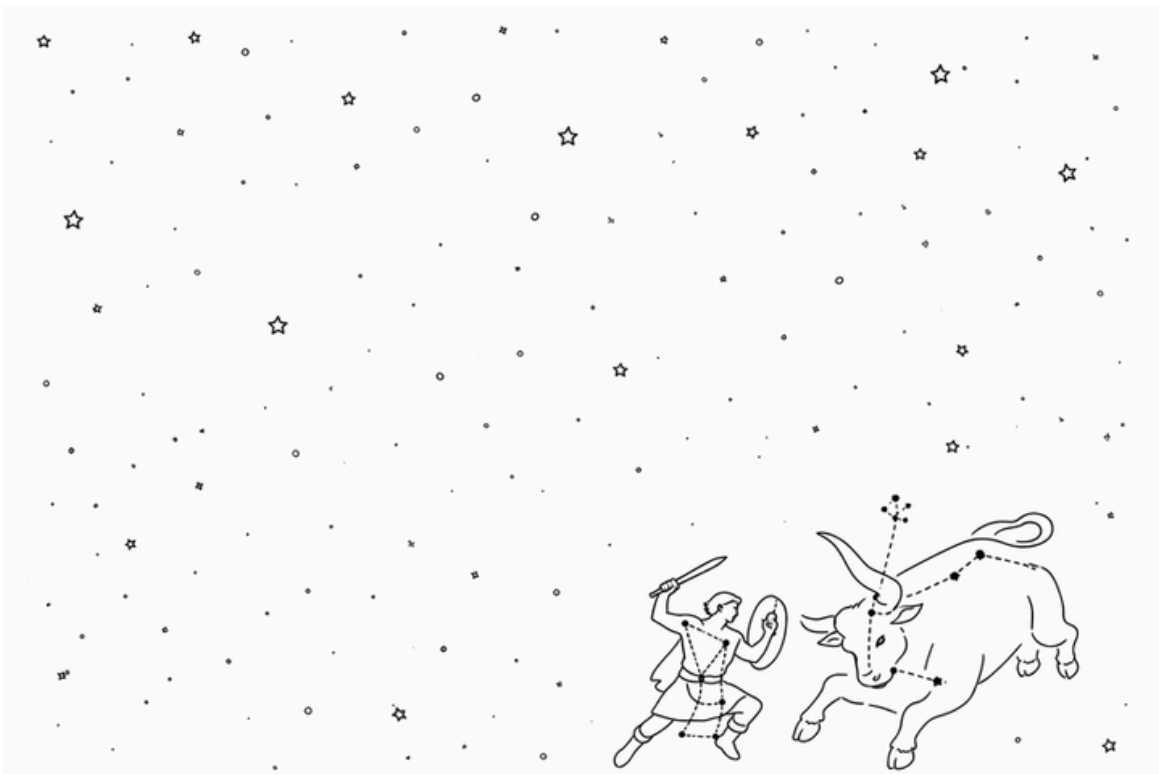


- ① When something difficult happens, I usually...
A. Try to figure out a solution B. Encourage the people around me C. Keep going until the problem is solved
- ② When I learn something interesting, I often...
A. Want to explore it deeply B. Share it with other people C. Think about how it could be useful
- ③ Friends often come to me because I...
A. Listen and understand their feelings B. Help them solve problems C. Make them laugh or feel better
- ④ When working on a project, I enjoy...
A. Coming up with ideas B. Organizing things so they run smoothly C. Helping the group work well together
- ⑤ When something unfair happens, I usually...
A. Speak up about it B. Try to help fix the situation C. Think carefully about what's right
- ⑥ When I'm curious about something, I tend to...
A. Ask lots of questions B. Experiment and try things C. Read or research about it
- ⑦ When someone is struggling, I usually...
A. Offer support or encouragement B. Help them find a solution C. Stay patient and listen
- ⑧ When I start something challenging, I usually...
A. Keep working until it's finished B. Look for creative ways to approach it C. Ask others for ideas and teamwork
- ⑨ When something exciting happens, I often...
A. Share the excitement with others B. Think about what I learned from it C. Feel inspired to try something new
- ⑩ When people describe me, they might say I am...
A. Thoughtful B. Creative C. Determined



Mythical Strength!

In the night sky, the constellation of the hero Orion fights against the bull, Taurus. Use this “night sky” to illustrate two of your own constellations. One is a strength. The other shows something that challenges this strength. Use the rest of the space to describe this epic battle.



Section 5



Reflections

Following curiosity toward what excites you

Strengths and interests are two important clues in discovering who you are. The things you enjoy and the things you do well often point toward the same deeper parts of your identity.

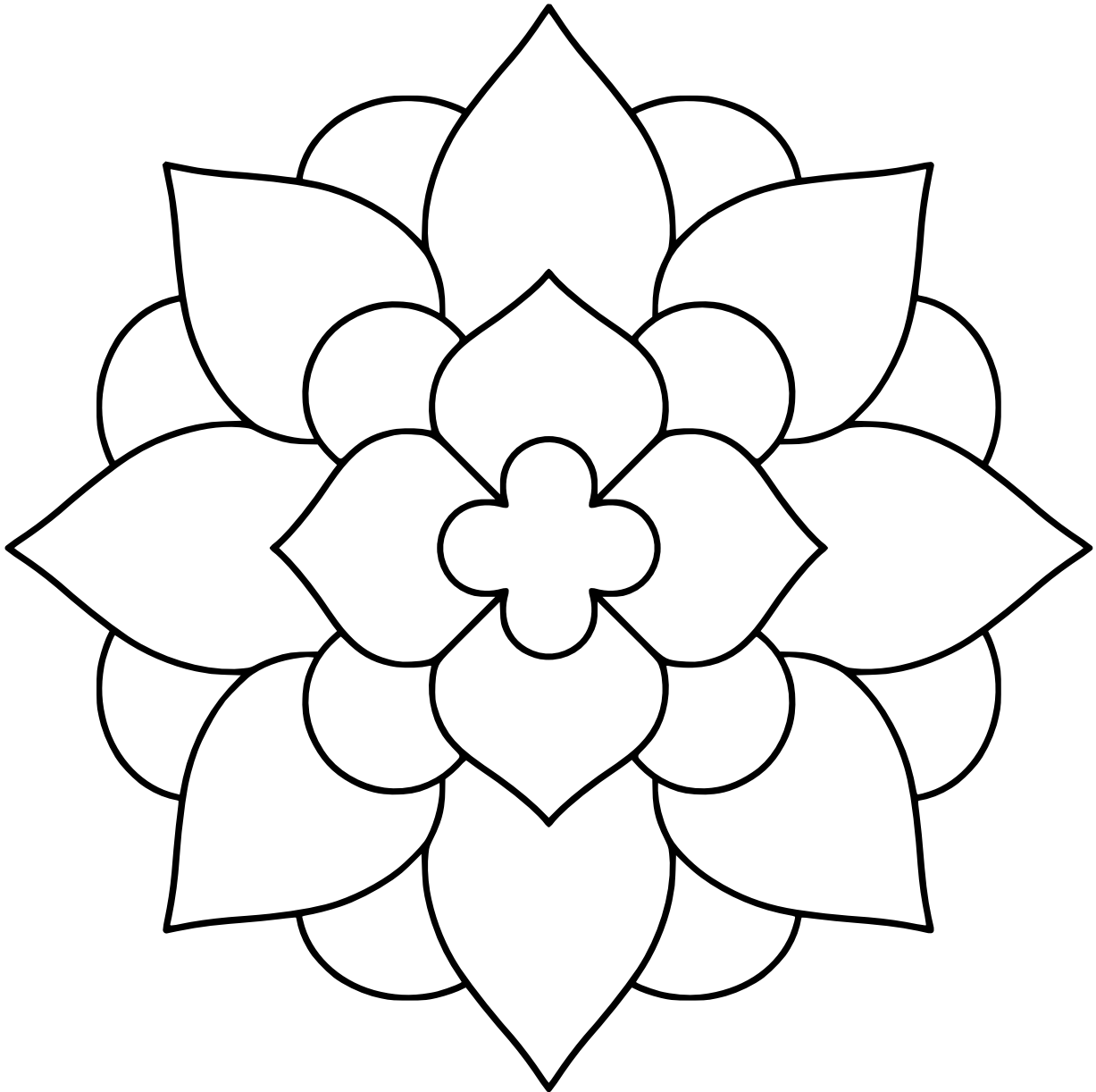
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Inner Mandala

A mandala is a circular design used in many cultures to represent wholeness, balance, and the self. Use words, symbols, shapes, etc. to fill in each part of this mandala with pieces of yourself that you have discovered throughout this book. You might include a value, a strength, a question, a fear, something you're drawn toward, a piece of yourself you don't understand, a recent experience, a belief you're questioning – or anything that represents pieces of you!



Final Reflection

You've explored many parts of yourself in this workbook – your thoughts, values, strengths, questions and experiences. This page is a chance to pause, look back, and notice what you've discovered.

Looking back

Something I learned about myself... _____
Something that surprised me... _____
Something that felt true... _____
Something I'm still unsure about... _____

Patterns

I tend to... _____
I care about... _____
I'm curious about... _____

Who I'm Becoming

One part of myself I want to grow is... _____
One way I want to show up more is... _____
Something I want to try or explore is... _____

Doodle Page

As you think of new things about Who You Are, either add them to one of the pages in this book or use this page whenever you want to explore a new layer of yourself. Choose your creative mode – writing, drawing, movement – and let this page become whatever you need today.

About The Authors

About the Digging Deep Project

The Digging Deep Project was founded by philanthropist Sheri Sobrato as a way to provide emotional support for young people going through tough times. She was inspired to create this project because she discovered so much about her emotions and herself during her own personal challenge with cancer as a young adult.

The Project began its journey with the journaling book *Digging Deep: A Journal for Young People Facing Health Challenges* by Rose Offner, MFA and Sheri Sobrato, MA (Resonance House, 2014), followed by the mobile self-help app, *Shadow's Edge*, and now continues with this workbook.

Parents, teachers and caregivers can find resources at www.diggingdeep.org or join our community at [Facebook.com/DiggingDeepProject](https://www.facebook.com/DiggingDeepProject).

About Kristi Piekewicz, PhD

Dr. Piekewicz earned her PhD in Clinical Psychology at Pacifica Graduate Institute in Carpinteria, CA. She completed pre-doctoral training at the Nan Tolbert Nurturing Center in Ojai, CA, and her post-doctoral internship at the Boulder Institute for Psychotherapy and Research. She currently provides remote and in-person educational assessment and counseling through Clover Learning Center (cloverlearningcenter.com). Previously, Kristi designed and delivered a social-emotional learning curriculum for a K-8 school in Boulder, CO with a mission for gifted education, and spent eight years as a middle school language arts and social studies teacher. In addition to her mental health training, Kristi holds a B.S. in environmental science from Allegheny College and a teaching credential from Western Washington University.