



“Who Am I?” Worksheet

Understanding who we are helps us acknowledge our positive qualities, find meaning, and guides us to how we want to show up in the world. This worksheet is designed to help you explore your identity, values, strengths, and roles. It encourages self-reflection and provides insight into who you are and what matters most.

Identify Your Personal Qualities

What are your five greatest strengths?

Example: “I am hardworking, compassionate, honest, trustworthy, and a reliable friend.”

Name five skills or things you are really good at.

Example: “I’m great at organizing, puzzles, crosswords, returning phone calls, and being a good listener.”



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Identify Your Roles

Name the different roles you have played in your life.

Example: Student, mom, lawyer, soccer player, friend, wife.

Social Identities

Social factors like age, race, gender, sexual orientation, culture, and career shape one's identity.

How would you describe your social identities?

Values

What are the values that guide your life decisions and behavior? List the principles or beliefs that are most important to you.