



Uniquely Created™ Life Coaching

KNOW YOUR IDENTITY ASSESSMENT

Instructions: Circle the number that best describes how true each statement is for you.

Scale 1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

Identity

1. I know who I am beyond my job or roles. _____
2. I believe I was created with purpose. _____
3. I recognize my strengths and gifts. _____
4. I accept myself, imperfections included. _____
5. My worth is not determined by other people's opinions. _____

Confidence

6. I believe I have something valuable to offer. _____
7. I speak positively about myself. _____
8. I trust myself to make wise decisions. _____
9. I am willing to step outside my comfort zone. _____
10. I celebrate my progress instead of striving for perfection. _____

Purpose

11. I have a clear vision for my life. _____
12. I know what brings me joy and fulfillment. _____
13. I make decisions that align with my values. _____
14. I use my gifts to serve others. _____
15. I believe my life has lasting significance. _____

Emotional Health

16. I recover well from disappointment. _____
17. I establish healthy boundaries. _____
18. I forgive myself for past mistakes. _____
19. I manage stress in healthy ways. _____
20. I choose hope over fear. _____

Your Score

Total: _____ /100

80–100: You have a strong sense of identity. Continue growing intentionally.

60–79: You have a healthy foundation with areas that deserve greater attention.

40–59: You're discovering who you are. This is a great season for intentional coaching.

Below 40: Your identity may have been shaped more by circumstances than truth. You are not defined by your past—you are uniquely created with purpose.

Reflection

- What surprised me most about my results?

- Which area needs the greatest attention?

- What is one action I can take this week?

Declaration

"I am uniquely created on purpose, with purpose, and for purpose. My identity is not determined by my past, my failures, or the opinions of others. I choose to embrace who I was created to be."

