

# IDENTITY

*who are you?*



Identity is a personal and ongoing process of exploration, reflection, and growth that helps you make sense of who you are and how you fit into the world around you.

Defining your identity is a complex and ongoing process that involves exploring various aspects of yourself and how you relate to the world around you.

HERE ARE SOME STEPS THAT MAY HELP YOU DEFINE YOUR OWN IDENTITY:

**Reflect on your values and beliefs:** Think about what matters most to you in life and what you believe in. Consider your moral and ethical principles, your political views, and your spiritual or philosophical beliefs. These can all be important components of your identity.

**Explore your interests and passions:** Think about what activities or hobbies bring you joy and fulfillment. This can help you understand what makes you unique and what gives you a sense of purpose and meaning in life.

**Consider your relationships:** Your relationships with family, friends, and significant others can have a significant impact on your identity. Think about how these relationships have shaped who you are today, and how they continue to influence your sense of self.

**Examine your cultural and social background:** Consider the cultural, ethnic, and social groups you belong to, and how they have shaped your identity. Think about the traditions, customs, and values that are important to these groups, and how they have influenced your own beliefs and behaviors.

**Embrace your strengths and weaknesses:** Recognize your strengths and areas of expertise, as well as your weaknesses and areas for growth. Accepting all aspects of yourself can help you develop a more authentic and grounded sense of identity.

Remember, defining your own identity is a personal and ongoing process. It may involve exploration, self-reflection, and growth over time. Be patient with yourself, and don't be afraid to seek support from trusted friends, family members, or professionals if you need it.



WHERE TO GET

*started*

QUESTIONS TO

*ask*

1. What are my core values and beliefs?
2. What activities or hobbies bring me the most joy and fulfillment?
3. What challenges have I faced in my life, and how have they shaped me?
4. What do I admire most in others, and why?
5. What are my greatest strengths, and how do they contribute to my sense of self?
6. What are my weaknesses or areas for improvement, and how can I work on them?
7. What cultural, ethnic, or social groups do I identify with, and how have these groups influenced my beliefs and behaviors?
8. What are some of my most significant relationships, and how have they impacted my sense of self?
9. What are my long-term goals and aspirations, and how do they align with my values and beliefs?

Remember, these are just a few questions to get you started. Exploring your own identity is an ongoing process, and there are many more questions you can ask yourself along the way. Be curious, open-minded, and willing to learn and grow as you explore your own sense of self.

## GET TO KNOW *yourself*

*Be patient with yourself, and don't be afraid to seek support from trusted friends, family members, or professionals if you need it.*



## A WORK IN *progress*

My core values and beliefs include bravery, harmony, and hope. I find joy and fulfillment in spending time with my family, being creative, reading, meditating, building my coaching practice, and engaging in physical activity and nature. I have faced several challenges throughout my life, including childhood trauma and abuse, socioeconomic status, and personal losses, but these experiences have also helped shape my resilience and adaptability.

I admire honesty, humility, and individuals who have overcome adversity.