Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pd\_\_\_\_\_\_\_\_

**WHAT’S YOUR IDENTITY?**

To find out who you are as an individual there are a few questions you can think about. Below are some thoughts on how to develop an idea of WHO YOU ARE. In each block, there are various responses you need to pay attention to. YOU UNDERSTAND YOURSELF BECAUSE OF EXPERIENCES, BEHAVIOR AND EVIDENCE of things in your life.

What is **special or different** about you?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What event in your life helped you realize this?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What do you want out of **life**?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Who do you want to be in the **world**?

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What do you need to **accomplish**?

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What are your **Personal Powers**?

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Who are the **people** around you? And, are they **helping** or **hurting** you?

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

What does you list tell you about **yourself**?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What **happened in your past** that formed your personality?

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Who are you because of this?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is something you really **do not** **like** or are **afraid of** ? (do not mention other people)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What event in your life helped you realize this?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What do you **struggle with**, what is your **weakness**?

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What event in your life helped you realize this?

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