

## Worksheet: Rediscovering my identity

The purpose of this worksheet is to help you re-discover your identity and develop a “sense of self”. We’re lifting up your thoughts and feelings about things and figure out what your values are.

By filling out this page (or writing down on a piece of paper) you create a map of who you are and what you believe in. This is very effective in creating a sense of self.

Having a strong and clear identity boosts our self-esteem and we are less affected by whatever happens around us:

**We know who we are and feel confident in our identity!**

Ok, let’s get started!

## Five “favorites”

What are five “favorites” in your life? It could be a favorite restaurant, movie, book, candy, place, podcast, or anything else you can think of.

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## Five things you enjoy

What are five things you enjoy? It could be the morning coffee, speaking to someone you like, or taking an evening walk.

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## Five things you dislike

Write down five things you dislike or what annoys you.

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## Five values

Write down five values that are important to you. It could be things like “Family”, “Health” or “Success”.

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## Five controversial thoughts

Write down five things you believe that most others don't. It could be small things like “I don't like ice cream” or big things like thoughts about politics, religion och sensitive subjects.

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Look back at your responses, and see how a picture of you has started to take shape!

Do you know what?

What I want you to do next is to put a reminder for next week to re-write the list.

If you do this exercise once per week for a month, that's when your brain starts to permanently rewire **and your sense of self permanently grows stronger.**

This will help you feel **secure** and **safe** in who you are.