

PERSONAL IDENTITY WORKSHEET

1. Core Values

What principles guide your decisions and actions?

 List 3–5 of your most important values:

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Examples: Integrity, Creativity, Excellence, Service, Growth, Faith, Impact

2. Passions

What activities or causes excite you or energize you?

 I'm passionate about:

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Tip: Think beyond work — what could you do for hours without getting bored?

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3. Strengths & Superpowers

What are you naturally good at or often praised for?

 My top strengths are:

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Examples: Public speaking, problem-solving, empathy, organizing, leading, writing

4. Weaknesses & Growth Areas

List 2–3 weaknesses or areas you're actively working on:

 My top 3 goals are:

1. _____
2. _____
3. _____

Examples: Struggle with delegation, perfectionism, public speaking anxiety, overcommitting, procrastination, shyness in new environments.

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5. Personality Traits

How would people describe your character?

 Choose 3–5 traits that best describe you:

- ☐ Analytical
- ☐ Friendly
- ☐ Assertive
- ☐ Reliable
- ☐ Visionary
- ☐ Calm
- ☐ Bold
- ☐ Humble
- ☐ Strategic
- ☐ Energetic
- ☐ Compassionate
- ☐ Curious
- ☐ Creative
- ☐ Resilient

6. Life Experiences That Shaped You

List 1–3 experiences that significantly influenced who you are today.



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Could be family roles, failure/success moments, travel, education, hardship, etc.



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7. Identity Anchors

Fill in the blanks:

- I am driven by _____.
- I want to be remembered for _____.
- My purpose is to _____.

8. Personal Mission Statement

Craft a short paragraph that captures your identity, values and purpose.



"I am a _____ who values _____ and is passionate about _____. Through my strengths in _____, I strive to _____ and make a meaningful impact in _____."

