



## My 'Who Am I?' Worksheet

Six exercises that move from quick, unfiltered answers to a clearer, fairer picture of who you are underneath the roles.

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### 01 Finish 'I am...' as many times as you can

Go fast and don't filter. Mix it up: traits, roles, feelings, quirks, beliefs, whatever comes. Aim to fill every line.

1.

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2.

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3.

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4.

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6.

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7.

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8.

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9.

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10.

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## 02 What sits underneath your answers

Look back at your list. Some answers will be roles, some traits, some values. Notice which ones feel most truly you.

Which answers feel most genuinely 'me', and why those rather than the others?

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## 03 What actually matters to you (your values)

Values are the things you'd stand by even when it costs you something. List the ones that are really yours, not the ones you think you should have.

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

#### 04 The roles you play, and who's underneath

Roles are real and they matter, but they aren't the whole of you. Separate the two.

Roles I play (parent, worker, friend...)

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Who I'd still be if that role ended

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#### 05 When you felt most like yourself

The times you felt most 'you' are a strong clue to who you actually are. Describe one.

A moment I felt most like myself: what was I doing, who was I with, what mattered?

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## 06 The shape of you, in a sentence

Pull the threads together. Not a final verdict, just an honest line you can sit with for now.

Starting 'I'm someone who...', write the truest sentence you can:

### When you're done, a moment to reflect

- Did you answer more with roles, or with traits and values? What does that tell you?
- Was there a gap between the values you listed and how you actually spend your days?
- What would change if you led a little more with the answers that felt most truly you?

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Free worksheet from [selfgrowth.org](https://selfgrowth.org). Free self-growth worksheets for real life.

### If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at [findahelpline.com](https://findahelpline.com). If you're in immediate danger, call your local emergency number.