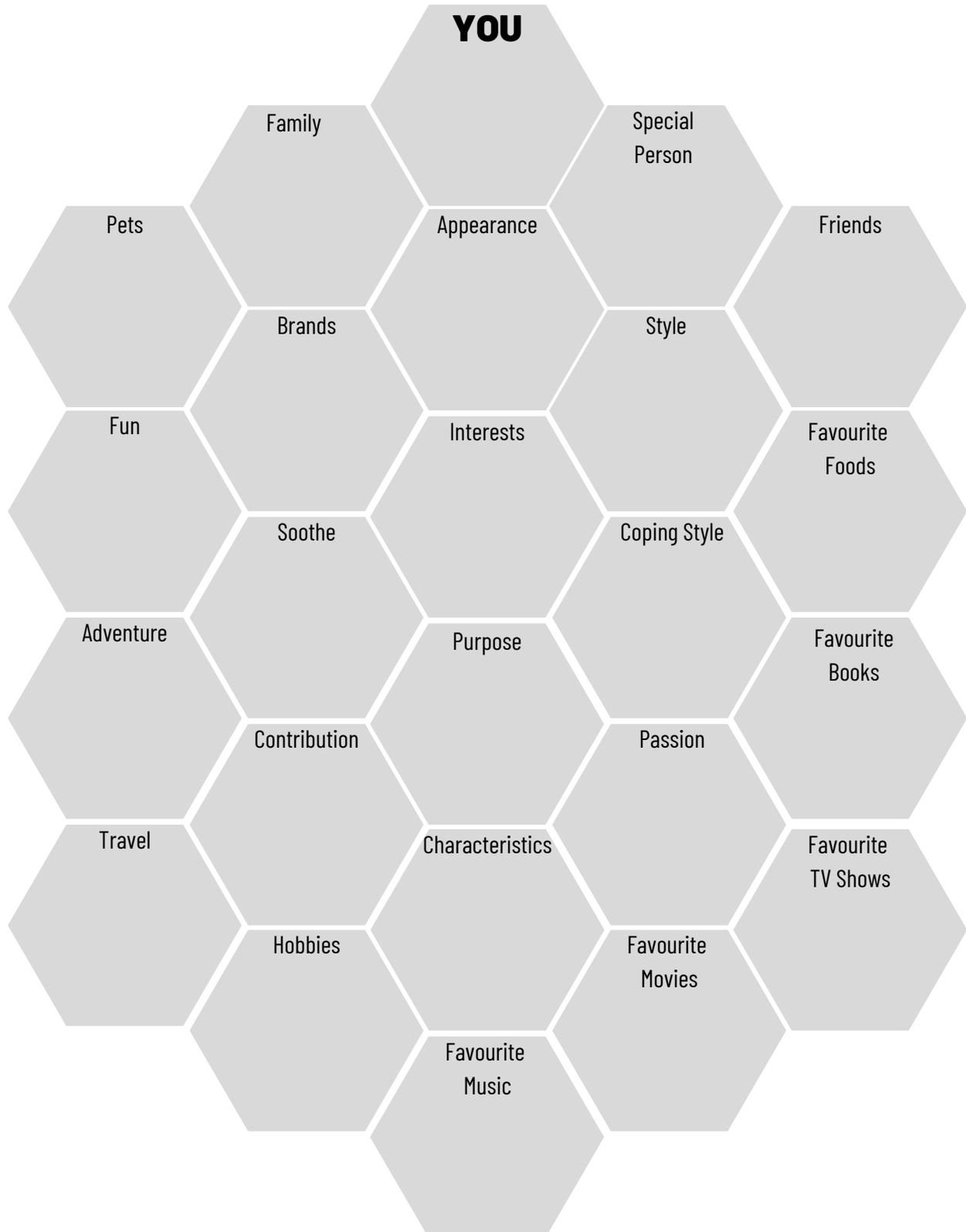


IDENTITY MATRIX

Who are you?

How well do you know yourself? Really know yourself? How have you changed over time? Who are you now?

Use this worksheet to identify the different parts of yourself so you can see the whole picture.



Finding Yourself

Life changes us. The person you are now is not the same person you were 10 years ago, or perhaps even 5 years ago. As we go through different stages of life, we adapt and grow to meet new challenges or opportunities, and learn from experiences and treatment.

This worksheet is focused on helping you to reflect on who you are now, what your interests are, what you do (or could do) for fun. It will also prompt you to look a little deeper and consider who you are at your core, what your purpose is in life, what you are passionate about and how you contribute to those around you.

Start at the top

- You: It starts with you. Write your name in the top hexagon
- Special Person: Who is special to you? A partner, close friend or supportive person. Write their name in.
- Family: Who are you closest to in your family or your 'chosen family'? Write a few names.
- Friends: Who are your closest friends? Write a few names.
- Pets: Write them in too if they are special to you.

Find your favourites

- Foods: What makes your mouth water? List your favourite foods.
- Books: Which books are page turners for you? List the ones you can't put down or keep coming back to.
- TV Shows: Which shows are binge-worthy for you? List your favs.
- Movies: Which movies can you quote because you love it so much. Add those in too.
- Music: Which songs or artists have you playing carpool karaoke? Jot them down.

How you like to spend your time

- Hobbies: What activities do you enjoy doing?
- Travel: Where have you been or where do you want to go?
- Adventure: What is on your bucket list? What gets your heart pumping?
- Fun: What do you like to do for fun?

How you present yourself

- Appearance: How would you describe yourself (non-judgementally)? What do you like about your appearance?
- Brands: Which brands do you like to wear, buy or carry? Where do you like to shop?
- Style: What is your personal style? How do you like to present yourself?

Go a bit deeper

- Interests: What topics are you interested in? If you were to read a non-fiction book, what would it be about?
- Soothe: What do you do to self-soothe? What calms you down?
- Coping Style: What do you do to cope with distress? Do you avoid distress, control everything or use denial?
- Contribution: How do you contribute to others? What is your role in your home, work or community?
- Characteristics: What is your temperament or personality like? How would others describe you in a reference letter?
- Passion: What are you passionate about? What is your cause? If you were to start a charity, what would it be for?
- Purpose: Why are you here? What do you want your legacy to be?

You may like to do multiple versions of this worksheet. Perhaps one for how you see yourself now and another for how you'd like to see yourself in the future to help you set some goals to work towards.