

© Equilibrium Dynamics (EQD), a nonprofit educational organization that is dedicated to teaching adults and children how to build a life in which feelings empower – rather than sabotage – relationships, activities and careers. For more information see [www.EquilibriumDynamics.org](http://www.EquilibriumDynamics.org)



## IDENTITY

You make best choices for your life when you to know yourself well. Who you are and how you think of yourself is called your **identity**. Your identity continually changes throughout life, sometimes quickly, as a result of your choices, for instance, when you take a course to improve your skills or become a parent. Some changes in your identity are fluid, i.e. can change back and forth at various times, even day to day!

But whoever you are, knowing your identity when you make choices helps you succeed. The outline (below) is designed to help you describe yourself. You can make copies or write *in your journal* for comparison on your birthdays. It can be a lot of fun!

**MY IDENTITY: Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Physical description of myself (include, hair, clothes today, race/ ethnicity, size, etc.)

My major life goals now are:

- 1.
- 2.
- 3.

My personality: (Include at least five adjectives) + any unique aspect of myself (state "ordinary" if you are not unique in any way. Add what others often say about you)

My most striking feature is:

My essence, or core characteristic: (One essential quality, without which you would be someone different)

Relevant association: (a brief anecdote about becoming an adult that illustrates your identity)

Positive feelings and judgments about myself:

Negative feelings and judgments about myself: