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SELF- DEVELOPMENT WORKSHEET: IDENTITY

Please complete this outline description (below) of yourself. If you keep this, you can use for comparison later.

MY IDENTITY PROFILE.

Name (print): _____

Date: _____

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

My personality & social style: (Include at least 5 adjectives + any unique aspect of yourself/"nothing unique")

My most striking feature that people often comment on is:

My essence, or core characteristic: (Your essential nature distinguishes you from other people in your social group; without this quality, you would be someone else similar, but not YOU.)

Relevant association: (a brief anecdote about yourself that illustrates your identity)

Positive feelings and judgments about myself:

Negative feelings and judgments about myself:



My major goals now are:

