

## Self-Exploration: Identity, Values, Experiences, Goals

### Worksheet 21

Learn more about your inner world by answering the following questions.

#### Your Perceived Identity

1. List the characteristics, attitudes, beliefs, interests, activities, and relationships that make up your perceived identity (at least 10). What aspects/traits describe you? Highlight the five that you think are most important to your self-concept.

Extraverted, loving, athletic, interested in business, good writer, kind, self-motivated (love for writing, always going), always looking for you to do!

2. What are your strong and weak points? List at least five of each.

Strong points: I am thoughtful, work hard in everything I do, try to make the best out of situations, grateful for everything I get in life, happy to be alive.

Weak points: Trust too easily, distrust too easily, worry about the future too much, stress about school, relationship with my sister.

#### Your Values

1. List the universal traits or characteristics that you most value – for example, honesty, justice, autonomy, equality, compassion, and loyalty to family and friends. These are the characteristics of you, him or of others.

Autonomy, equal, loving, intelligent, family-oriented, kind

2. List the activities or accomplishments that you most value – for example, making lots of money, getting good grades, spending time with friends, making your own decisions. These can be accomplishments of your own or of others, or goals you have for the future.

Having good grades, being successful in my future career, getting into graduate school, getting married, having children, making good money, being happy with my life.

3. List the social ideas, customs, and institutions that you value – for example, education, equality, freedom of speech, tolerance for diverse opinions.

Education, freedom of speech, freedom in everything I do, allowing good health.

4. How well does your current lifestyle reflect your values? List two behaviors or events consistent with your values and two behaviors or events that conflict with your values.

Consistent with values: I do my homework instead of being out with my girlfriends, respect the teacher with my family.

Conflicting with my values: I did not get up for the workout, I was going out of town instead of going to class next week.

#### Your Accomplishments and Struggles