

Who Am I Worksheet

Name of client: _____ Age: _____

Date: _____ dd / mm / yyyy

The Who Am I Worksheet reflects on and explores your identity, values, and goals. It provides a structured framework to gain insight into your personal beliefs, strengths, and areas for growth, offering clarity and a deeper understanding of yourself.

SELF-REFLECTION QUESTIONS

I feel most alive when...

My greatest strengths are...

When faced with challenges, I tend to...

The values that guide my life are...

I am most proud of...

In my relationships, I am...

When it comes to my career, I am...

I feel fulfilled when...

The things that energize me are...

My most significant accomplishments so far are...

I am passionate about...

The people who inspire me are...

My ideal day would consist of...

I am at my best when...

I often receive compliments about...

My favorite hobbies and activities are...

I believe in myself when...

I struggle with...

The goals I am currently working towards are...

I am motivated by...

REFLECTIONS AND INSIGHTS

Specify below:

SIGNATURE

Counselor's signature:

Counselor's name: _____

Date: _____ dd / mm / yyyy