



Personal Identity

Work Sheet

Understanding who you really are as a person is the 1st step to your self-development or personal growth.

1. Get a blank sheet of paper, head it up **"MY PERSONAL IDENTITY"** and answer these questions to help you establish your personal identity:

1. What do you value most?
2. What one thing do you worry about most?
3. What one thing do you talk about most?
4. Which of your talents have you developed most fully and relied on most often?
5. What kind of challenges do you find most appealing?
6. What one thing have you done in your life that you have been most proud of?
7. What one thing have you done in your life that you would most like to do differently?

2. Now Declare who you are:

Who am I as a person?

Take a few moments and write an answer to that question in **25 words or less**. Don't use your name, address, profession, age, gender, educational credentials, marital or family status, possessions, religious affiliation or nationality.

Get more help by contacting me at lorna@impacttrainingservices.com



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