

Who Am I Worksheet

Name of client:

Age:

Date:

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

Responses

1. I feel most alive when...

2. My greatest strengths are...

3. When faced with challenges, I tend to...

4. The values that guide my life are...

5. I am most proud of...

6. In my relationships, I am...

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

8. I feel fulfilled when...

9. The things that energize me are...

10. My most significant accomplishments so far are...

11. I am passionate about...

Self-reflection questions	Responses
12. The people who inspire me are...	
13. My ideal day would consist of...	
14. I am at my best when...	
15. I often receive compliments about...	
16. My favorite hobbies and activities are...	
17. I believe in myself when...	
18. I struggle with...	
19. The goals I am currently working towards are...	
20. I am motivated by...	
Reflections and insights	
Counselor's signature:	
Counselor's name:	
Date:	