

Love Your Self

Self-Image #4: Roles, Talents, Interests & Beliefs



Have you ever asked the question, “WHO AM I?” There are many ways to define your identity – let’s explore a few specific areas. Let go of any judgments of what you think you “should answer;” and reply authentically as your True Self:

1. HISTORY (name, birth date, age, race, gender, home town):
2. FAMILY ROLES (daughter, sister, wife, mother – son, brother, husband, father):
3. ACADEMIC/CAREER ROLES (favorite classes, majors, degrees, job/volunteering activities):
4. SOCIAL ROLES (social activities, social interests, what you really like to do with others):
5. ROLE MODELS (influential people, admired qualities in others):
6. MEDIA INTERESTS (favorite TV shows, movies, magazines, blogs, books, music):
7. FAVORITE THINGS (meaningful possessions, specific items you “can’t live without”):
8. FAVORITE PLACES (where you feel most content, special trips you’ve taken):
9. FAVORITE ACTIVITIES (hobbies, crafts, sports, what you enjoy on a “day off”):
10. OVERALL STRENGTHS (best personality traits, assets, talents, unique skills):
11. BIG DREAMS (key elements of what you’d like to experience in your future):
12. WORDS TO LIVE BY (favorite quotes, slogans, mantras, mottos):
13. SOMETHING REALLY SPECIAL ABOUT ME (MY TRUE SELF):

Read your responses as if you’re reading about someone you’re meeting for the first time.
What are your overall reflections about this “new person”?