

Self-Assured! My Identity Prompts

As individuals, we have many different parts that come together in different ways to make us who we are. It is important to get to know these parts as they form the basis of our identity. Our identities are multi-faceted and complex. They involve many aspects of our life. Use the following prompts to consider the many aspects of your identity.

My Mission

- What is my purpose?
- What contributes to my overall feeling of wellbeing?
- How do I want to live my life?
- What is my calling?
- What makes me happiest?
- How do I want to be remembered?
- When do I feel most fulfilled?
- What moments in my life have made me feel purposeful?

My Culture

- What is my heritage?
- What is my national origin?
- What religious or spiritual beliefs do I hold?
- How does my age or generation impact me?
- How do I describe my gender?
- How do I describe my socio-economic status?
- How do I describe my sexual orientation?
- What groups or organizations do I belong to?

My Likes

- What is my favorite color?
- What music do I most appreciate?
- Where do I find entertainment?
- Who is my favorite artist?
- What is my favorite book or story?
- What is my favorite TV show or movie?
- What do I like to do for fun?
- What is my favorite animal?

My Family

- How do I describe my family?
- What roles do I have within my family?
- How many siblings do I have?
- Who are some of my closest friends?
- How do I describe my extended family?

More About Me

- What are my strengths?
- What bothers me most?
- What am I grateful for?
- What are my hopes for the future?
- What challenges have I faced?
- How do others describe me?
- If I had one wish, what would it be?
- What causes me stress?
- What would I like to learn?
- What has helped me grow?
- What am I worried about?
- What new activities would I like to try?
- What is my job now?
- What is my dream job?