

Who Am I?

Step One: In the spaces below, write 8-10 different answers to the question: "Who am I?" in the present moment.

<i>Who am I?</i>	Importance <input type="text"/>

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<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

Step Two: Review your responses, and rate the importance of each regarding your sense of who you are. Rate the response most important to you a "1", with higher numbers being of decreasing importance.

Who Am I...Ideally?

Step One: Thinking of your ideal self, write 8-10 different answers to the question: "Who am I?" in the spaces below.

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

<i>Who am I?</i>	Importance <input type="text"/>

Step Two: Review your responses, and rate the importance of each regarding your ideal self. Rate the response most important to you a "1", with higher numbers being of decreasing importance.

My Self Worth

Compare your "Who am I?" answers to your "Who am I, ideally?" answers.

What is the degree of congruence between the way you described who you are (your self-image) and who you aspire to be (your ideal self)?

Did you make any adjustments as you compared the contents of the exercises? (e.g., were you unfairly critical of yourself in the self-image activity, or were you surprised by the qualities of your future self?)

How do you feel about yourself after going through this activity? How similar is that to how you tend to feel about yourself every day?
