Identity reflection worksheet

Give this a quiet half hour rather than filling it in quickly. Come back to it after a few weeks and compare.

Identity · Stability

1 Who you are now

Describe yourself in three sentences without naming a job

What I would want a stranger to understand about me

2 Keep, drop, build

Keep: what came from the role and still serves me

Drop: what came from the role and no longer fits

Build: what I have never had the room to become

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3 Where you are recognised

Places or people where I feel like myself

One way I could spend more time there

4 Review

Date I filled this in

Date I will read it again

What changed between the two

5 Where this comes from

- Identity After the Uniform
- The Science of Sustainable Human Change

AURIS Institute provides education and structured self reflection. It is not therapy, medical treatment or crisis support. If there is immediate danger, use the appropriate emergency service.

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