WHO AM *I*?

Take a few moments to reflect on who you are, and how you define your Self. Following are a few ideas to help your reflection. Feel free to use the back of this page if needed.

Who is (write your full name): "_____"?

Is there a special meaning to my name? Why did my parents choose it?
How would I describe myself (to others)? (*Hint: How would I describe a sibling?*)
What are my interests (what do I like and enjoy in life)?
What are my beliefs (what are important beliefs I hold about myself, about life)?
How do I generally feel (my moods)?
What is my favourite colour, animal, country, season, singer, actor, social or political figure, architecture, fashion, music genre(s), song, television show, social media, app?
What represents me best (object, animal, image, word, colour, belief, saying…)?

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