



Frumerie Counseling

Exploring Your Identity

www.frumco.org

A reflection worksheet for understanding who you are, what matters to you, and who you are becoming

How to use this worksheet: Identity is shaped by many parts of life: values, relationships, roles, interests, communities, culture, gender, sexuality, hopes, and lived experiences. This worksheet is designed to help you reflect on the pieces of yourself that feel important right now and the parts of your identity that may still be developing. There are no right or wrong answers. You can skip anything that does not fit, return to sections later, or bring your responses into therapy, journaling, or conversation. You are welcome to reflect on any parts of identity that matter to you, including family roles, chosen family, faith, disability, neurodivergence, race, ethnicity, caregiving, work, and community.

1. Personal Values and Beliefs

Values are the things that matter to us and often guide how we make choices, relate to others, and understand ourselves.

List three values, beliefs, or principles that are important to you right now.

1.

2.

3.

Reflection prompts:

- How do these values show up in your daily life?
- Where did these values come from?
- Have any of these values changed over time?
- How do these values shape the way you see yourself?

My reflection:

2. Interests and Passions

Our interests can offer clues about what energizes us, what we care about, and where we feel most like ourselves.

Identify three activities, subjects, communities, or experiences that genuinely interest you.

1.

2.

3.

Reflection prompts:

- What do these interests say about you?
- When do you feel most curious, engaged, or alive?
- Are there interests you have hidden, minimized, or not made space for?
- What would it be like to give yourself more permission to explore them?

My reflection:

3. Social Roles and Relationships

We often show different parts of ourselves in different relationships or environments. Some roles feel supportive and authentic; others may feel limiting, complicated, or expected.

List some of the roles you play in different parts of your life.

With a partner or romantic relationship:

With siblings or extended family:

With friends:

With parents or caregivers:

With coworkers, classmates, or professional spaces:

With community, culture, faith, LGBTQIA+ community, or chosen family:

Reflection prompts:

- Which roles feel most natural or authentic?
- Which roles feel expected, pressured, or exhausting?
- Are there parts of yourself that show up in some relationships but not others?
- How have your relationships shaped your sense of identity?
- Are there roles you want to change, release, or grow into?

My reflection:

4. Influence of Others

The people we admire, learn from, or feel impacted by can shape how we understand ourselves and what we believe is possible.

Identify someone you admire, look up to, or feel influenced by.

What qualities, choices, or values do you admire in this person?

Reflection prompts:

- What does your admiration for this person reveal about your own values or hopes?
- How has this person influenced the way you understand yourself?
- Are there parts of their life, identity, or character that you want to embody in your own way?
- Are there ways you are different from them that also feel important?

My reflection:

5. Career Aspirations and Future Possibilities

Work, education, caregiving, creativity, service, and purpose can all contribute to identity. You do not need to have a fixed plan to reflect on what feels meaningful.

List two or three career paths, educational goals, roles, or future possibilities that interest you.

1.

2.

3.

Reflection prompts:

- What draws you to these paths or possibilities?
- What needs, values, or strengths might they express?
- How do these possibilities connect to the kind of person you are becoming?
- Do these goals feel like they come from you, from others' expectations, or both?

My reflection:

6. Long-Term Goals and Sense of Purpose

Long-term goals can include education, relationships, family, community, creativity, healing, stability, adventure, advocacy, or personal growth.

Some areas to consider:

- Education or learning
- Career or meaningful work
- Family, parenting, or chosen family
- Relationships and community
- Health, healing, or emotional wellbeing
- Creativity, spirituality, culture, or personal growth
- Stability, freedom, adventure, or belonging

Reflection prompts:

- What kind of life are you hoping to build?
- What feels meaningful to you, even if it is uncertain or still developing?
- How do your hopes shape your sense of purpose?
- What parts of your future feel exciting, unclear, scary, or important?

My reflection:

Summary and Next Steps

Take a moment to review what you wrote. Notice any themes, surprises, tensions, repeated words, or places where you want more support.

Key insights about my identity:

Parts of myself I want to understand more:

Are there parts of my identity I want more space, language, support, or affirmation around?:

One thing I want to remember from this worksheet:

One small action step I can take to continue exploring or developing my sense of self:

Examples of small next steps:

- Journal about one value that feels important.
- Talk with someone you trust.
- Bring this worksheet to therapy.
- Try an activity you have been curious about.
- Notice which roles feel authentic or draining.
- Set a small boundary.
- Learn more about a community, identity, or path that matters to you.

Closing note

Identity is not something you have to figure out all at once. It can shift across time, relationships, experiences, and seasons of life. This worksheet is an invitation to notice who you are, what has shaped you, and what you may want to explore next.

Safety note

This worksheet is for reflection and education. It is not therapy, medical advice, diagnosis, or a crisis plan. Go slowly, skip anything that feels unhelpful, and seek support if reflection brings up distress or safety concerns. If you are experiencing an emergency or immediate safety concern, contact local emergency resources or crisis support.