



# All About Me Worksheet

Your identity is the combination of characteristics, values, and roles that define who you are, such as being a sister, student, animal lover, athlete, or kind person. Recognizing and embracing your identity can bring purpose and direction to your life, giving you a sense of meaning and helping you navigate your path.

**INSTRUCTION:** Write down your identities (e.g. sister, student, animal lover). Next to each, draw a picture that represents what it means to you.

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