

Who Am I? – A Journey Through Self-Discovery

This workbook is designed to help you explore the layers of your identity and uncover the deeper truths of who you are beyond roles, labels, and stories. It invites you to go inward, question assumptions, and connect with your authentic self.

Take your time, breathe deeply, and allow the process to unfold naturally.

Step 1: Observe – Who am I in this moment?

Objective: Notice the roles and labels you use to define yourself.

- Prompt: List the roles you play in life (e.g., parent, partner, friend, professional).
 - Who am I when I think about my relationships? _____
 - Who am I at work or in my career? _____
 - Who am I when I am alone? _____
- Reflection: Are these roles fixed or fluid? How do they make you feel?

Step 2: Feel – How does it feel to be seen as this person?

Objective: Connect with the emotional experience of your identity.

- Close your eyes and breathe deeply.
- Place your hand on your chest and ask:
 - How do I feel about the roles I carry? _____
 - Do these roles feel empowering or limiting? _____
 - What emotions arise when I step outside of these roles? _____
- Note any sensations or tensions in your body and allow yourself to sit with them.

Step 3: Explore – Who am I beneath the surface?

Objective: Look beyond external identities and examine what lies deeper.

- Questions:
 - Who am I without my titles and labels? _____
 - What do I value most in life? _____
 - What qualities define my essence (e.g., kind, curious, bold)? _____
- Visualization: Imagine yourself as light or energy without form. What do you sense?



Step 4: Shift – Who do I want to be?

Objective: Redefine your narrative and claim your truth.

- Reflection:
 - What aspects of my current identity no longer serve me?

 - What qualities do I want to embody moving forward? _____
 - What is one belief about myself I am ready to release? _____
- Affirmation: Write a personal statement: I am _____.

Step 5: Anchor – How do I embody my true self?

Objective: Ground your discoveries through action.

- Prompts:
 - What small daily action can I take to honor my authentic self?

 - How can I remind myself of this truth when I feel lost? _____
 - Who can support me on this journey? _____
- Ritual: Light a candle, take a walk in nature, or journal as a way to anchor your intentions.

Final Reflection

You have walked through layers of self-inquiry, questioning who you are and reconnecting with your essence. This journey is ongoing. Return to these questions whenever you feel disconnected, and allow your answers to evolve with you.

Remember: You are not a fixed identity—you are a living, breathing, unfolding.

Thank you for showing up for yourself and for this work.

Notes and Additional Insights

Use this space for extra reflections, insights, or reminders as you continue your journey:

