

# Youth Identity Discovery Sheet

**Title:** *Who Am I Becoming? A Self-Discovery Tool for Teens and Young Adults*

**Format:** Downloadable PDF (2–3 pages – simple, engaging, and reflective)

## Introduction

Knowing who you are is the foundation for becoming who you're meant to be.

This discovery sheet helps youth and young adults explore their identity—based not just on what they do, but on who they are becoming. Through reflection, expression, and vision-building, this tool invites them to think deeply about their gifts, values, influences, and dreams.

**"You don't find your identity in popularity or pressure. You uncover it by exploring purpose."**

— Alfred Esene

## Part 1: My Strengths & Personality

**Circle the words that describe you best (or ask a friend/family member to help):**

- Creative - Loyal - Curious - Compassionate - Determined
- Leader - Thoughtful - Honest - Adventurous - Organized
- Funny - Brave - Outgoing - Quiet - Helpful

**In my own words, I am someone who...**

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## Part 2: What I Value Most

**Choose your top 5 values:**

- ☐ Faith   ☐ Justice   ☐ Family   ☐ Freedom   ☐ Growth  
☐ Loyalty   ☐ Respect   ☐ Kindness   ☐ Truth   ☐ Responsibility

**One value I want to live by more this year is:**

\_\_\_\_\_ — because \_\_\_\_\_

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### **Part 3: My Passions & Interests**

**What activities or topics make you feel most alive?**

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**If I could spend a whole day doing anything I love, it would be:**

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### **Part 4: My Role Models & Influences**

**Who inspires you—and why? (Can be a person you know or admire)**

\_\_\_\_\_ inspires me because \_\_\_\_\_

**What do you admire most about them?**

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### **Part 5: My Vision for the Future**

**When I imagine a great future for myself, I see:**

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**One dream I have is to...**

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**The kind of person I want to become is...**

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### **Identity Statement Builder**

Use this template to write your personal identity statement:

“I am someone who values \_\_\_\_\_, is passionate about \_\_\_\_\_, and dreams of becoming \_\_\_\_\_ so I can \_\_\_\_\_.”

**Example:**

"I am someone who values justice, is passionate about helping others, and dreams of becoming a youth mentor so I can guide people like me toward a better life."

### **Final Encouragement**

You're not defined by your past, your grades, or your mistakes.

You are becoming something beautiful. Keep learning who you are—and why you matter.

**"Clarity brings confidence. Purpose gives direction. Identity is your anchor."**

— From all of us at **WMIH**