

IDENTITY: BEYOND A NUMBER

Seeing Yourself for Who You Really Are

You are more than your DOC number, case file, or mistakes. This worksheet helps you look beyond the labels others may have given you and define your own story – one rooted in *strengths, values, and choice*.

1. What Labels Have You Heard?

Sometimes people put names or labels on us that don't tell the whole story.

Write down some labels you've heard before – the ones that hurt or hold you back.

Labels Others Have Used

How It Made Me Feel

Do I Believe It? (Yes/No)

2. Reframing the Story

Let's flip those labels into truths that describe your *growth, resilience, and character*.

Old Label

New Truth About Me

"Troublemaker"

"I'm learning to lead and handle challenges differently."

"Lost cause"

"I'm just getting started – my story isn't over."

Write your own:



3. My Strengths

Everyone has inner strengths – things that show up when life gets hard.

Check the ones that describe you (or add your own):

Loyal Hardworking Creative Brave Honest

Determined Kind Protective Curious Patient

Which 3 strengths do you want to grow even more?

1. _____ 2. _____ 3. _____

4. Values → Choices

Your *values* guide your *decisions*.

Circle the values that matter most to you:

Family • Faith • Education • Respect • Justice • Freedom

Love • Peace • Integrity • Growth • Service

Write one way you can live out one of these values this week:

I value _____, so I will _____.

5. Reflection

▶ One thing I want people to see when they look at me: _____

▶ One positive word that describes the real me: _____

▶ My story is still being written – I get to choose the next chapter.

6. Remember:

Your identity is not your past – it's your *potential*.

You are not a number. You are a person with purpose, power, and possibility.