

Identity Journal

As you complete the pages of this book, you will be able to explore your own identity on a deeper level. By better understanding who you are as a human being, you will gain clearer direction about how to make decisions and pursue goals that are true to you and your inner-most values.

This book belongs to...

Think

Iinner

Discovery

Existence

Nature

Truth

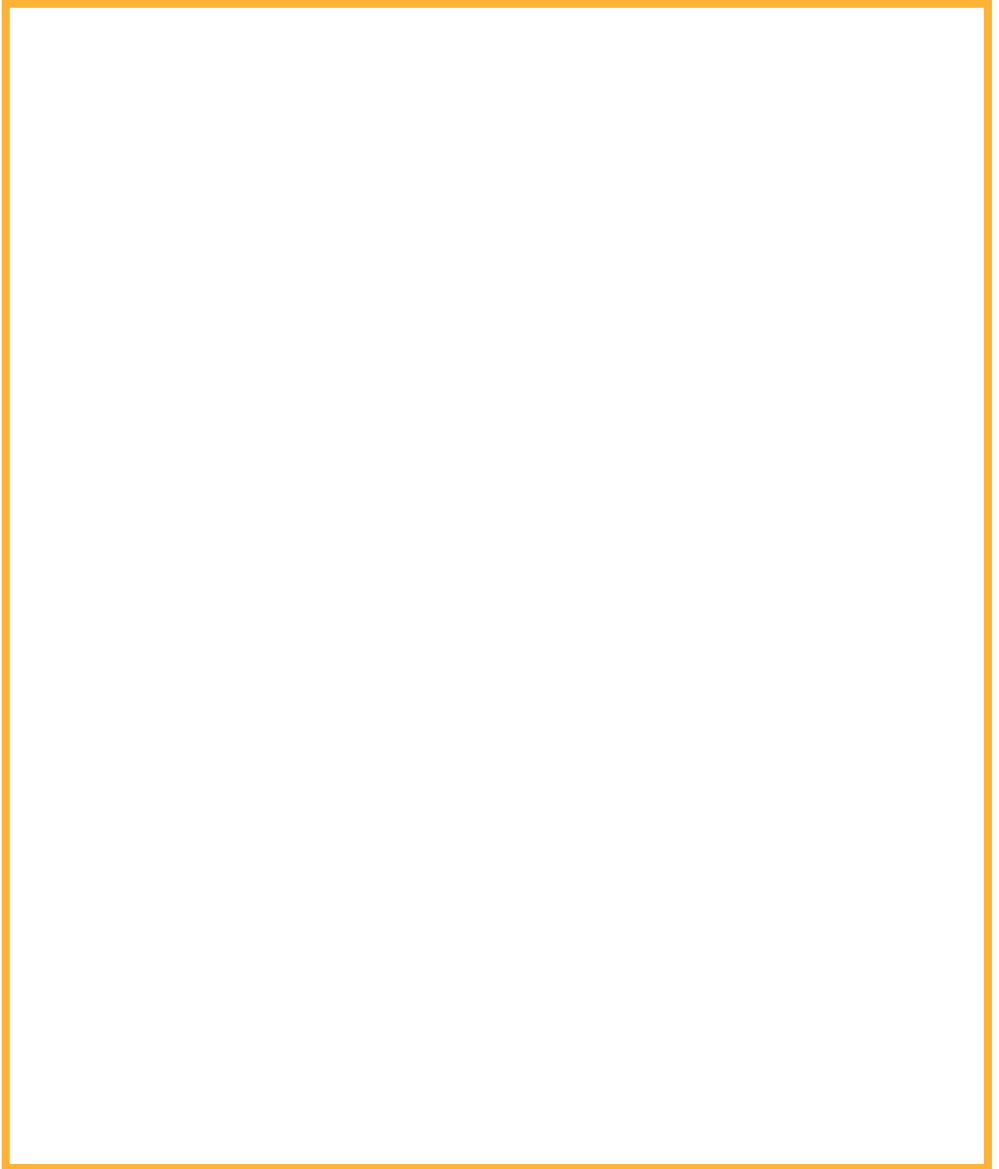
Integrity

Temperament

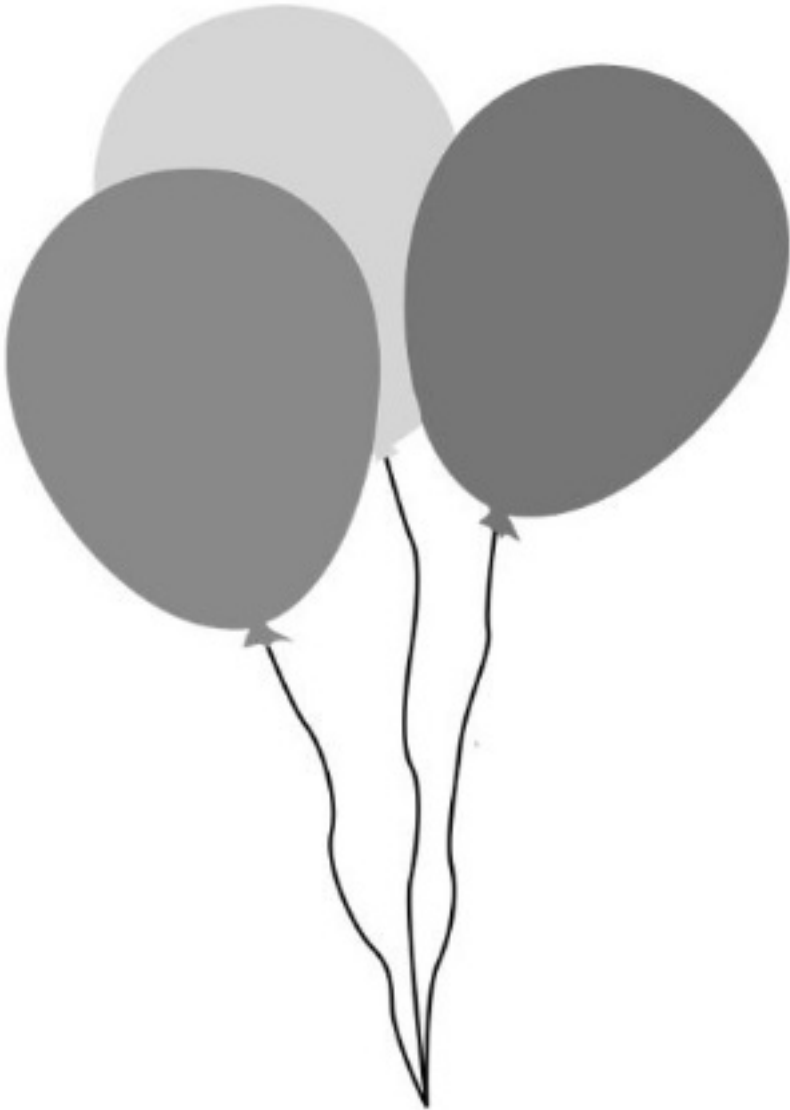
You

Think -----

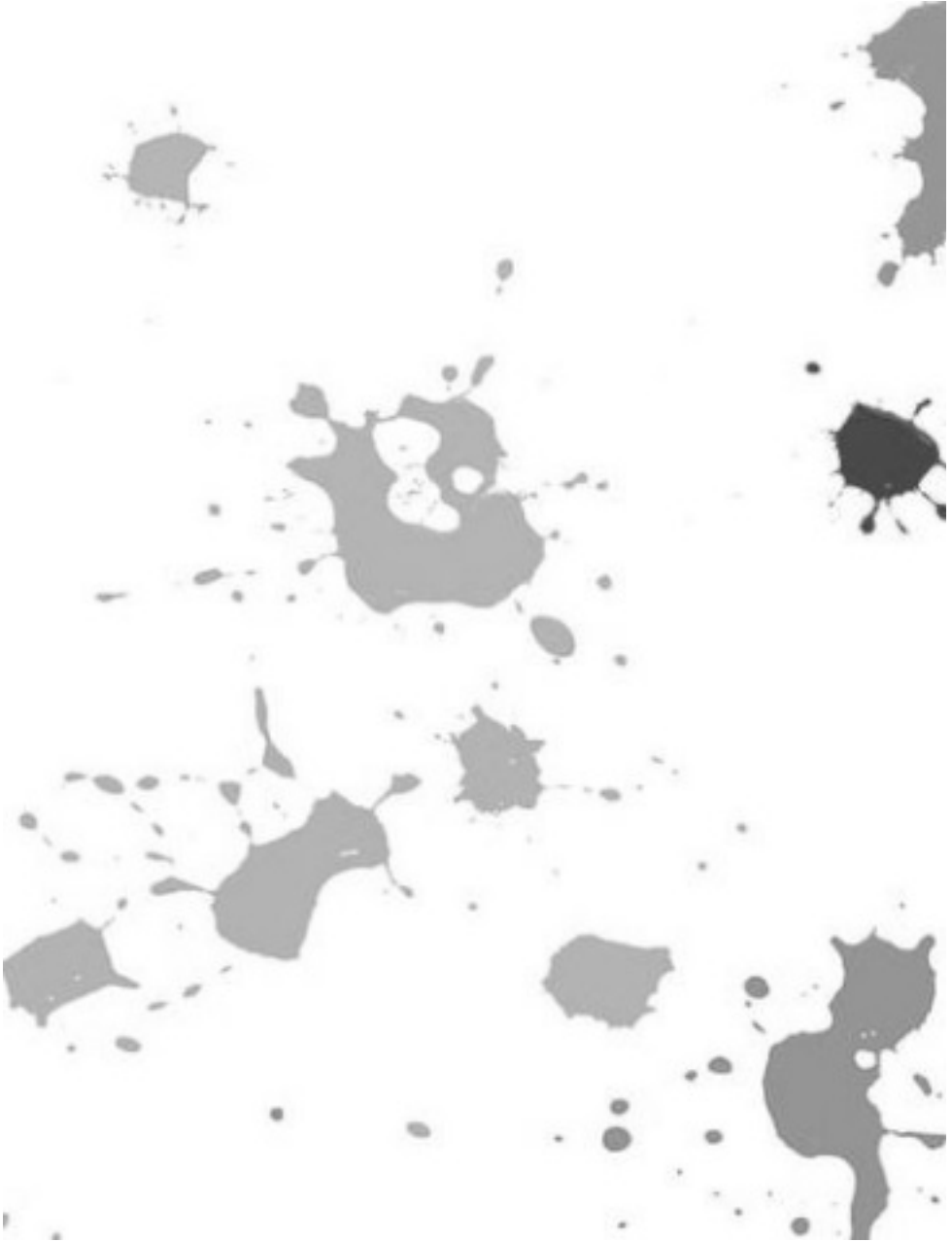
Create a poem by writing a word for each letter of your name or a word that is important to you...



Think -----



Think



Think -----

What is your favourite...

1. Colour: _____

2. Dessert: _____

3. Movie: _____

4. Place: _____

5. Animal: _____

6. Song: _____

7. Book: _____

8. Month: _____

9. Time of day: _____

10. Way to spend time: _____

Think -----



Think -----

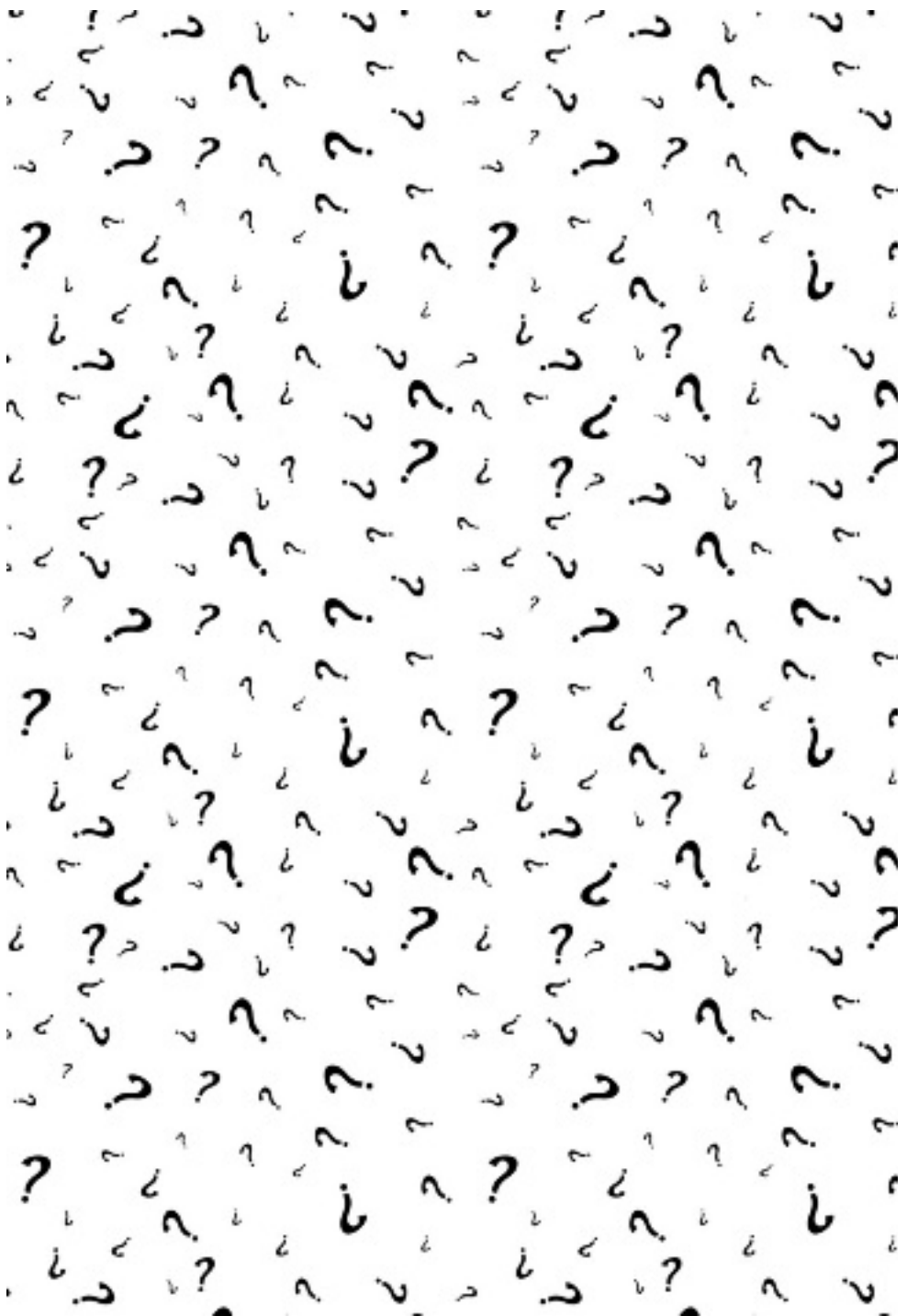
A magical fairy has granted you three wishes. How will you use them?

Wish 1:

Wish 2:

Wish 3:

Think



Think

Would you rather...

1. Never eat pizza again or never eat chocolate again?

2. Climb Mount Everest or dive in an oceanic cave?

3. Deliver a speech to 100 people or eat a cricket?

4. Ride a camel or swim with dolphins?

5. Spend a night alone in the woods or with friends in a graveyard?

6. Be able to play the piano flawlessly or speak fluent Italian?

7. Never leave Canada or spend the rest of your life outside of Canada?

8. Make lots of money but not like your job or love your job but not make lots of money?

9. Have a large group of friends you're not that close to or a small group of close friends?

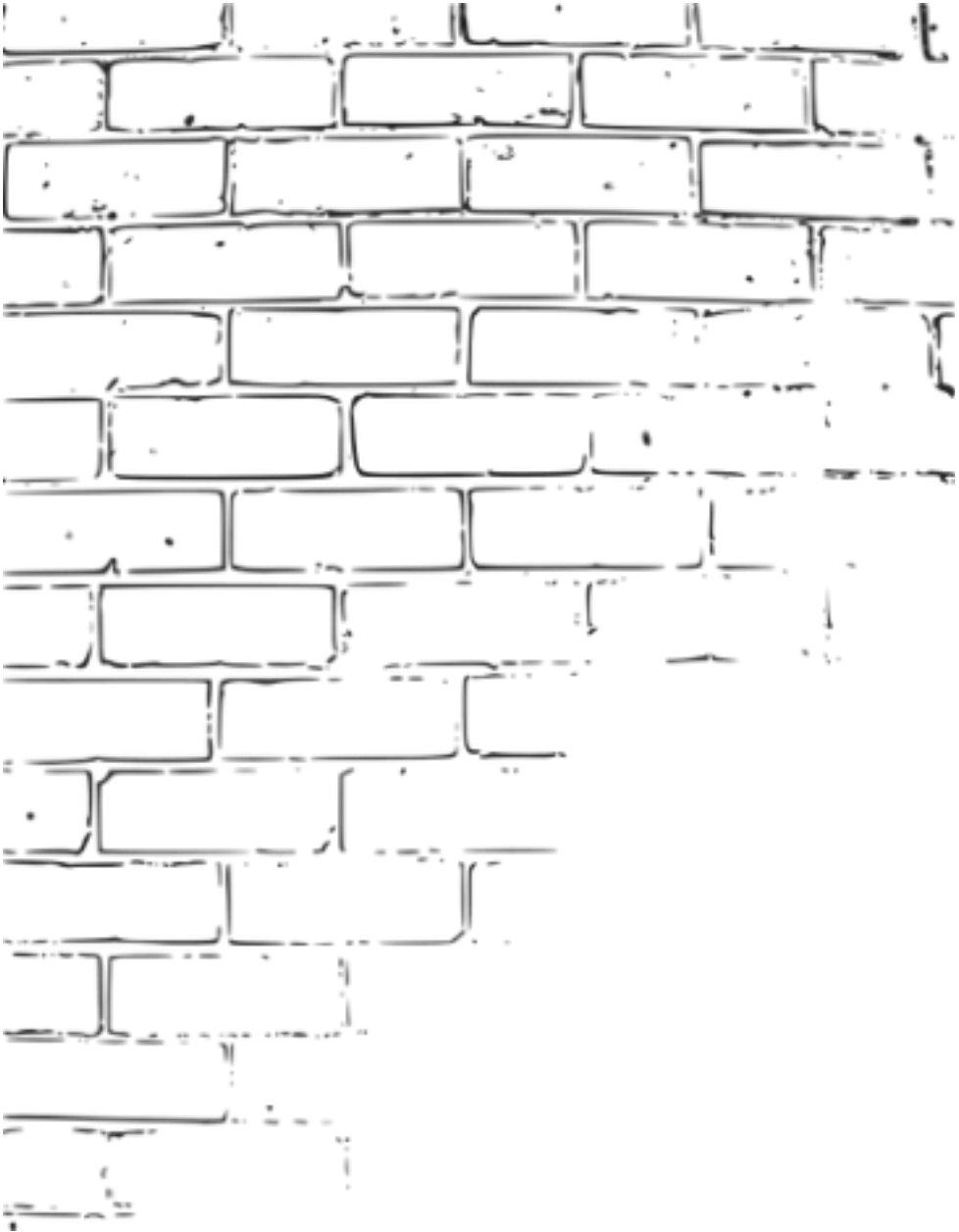
10. Be remembered for your accomplishments or for your kindness?

Think

admire more.
most people
don't admire
enough

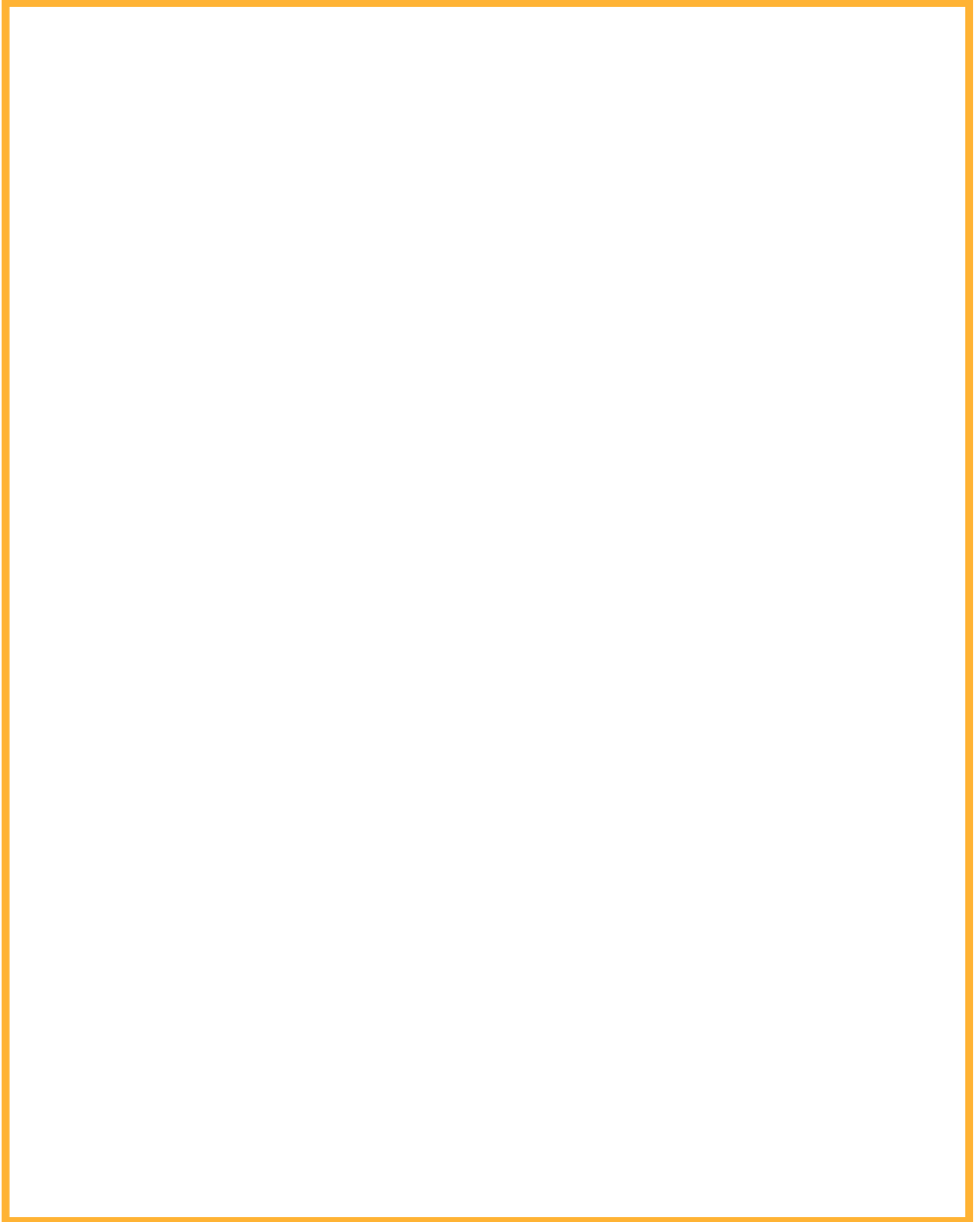
- VINCENT VAN GOGH -

Think

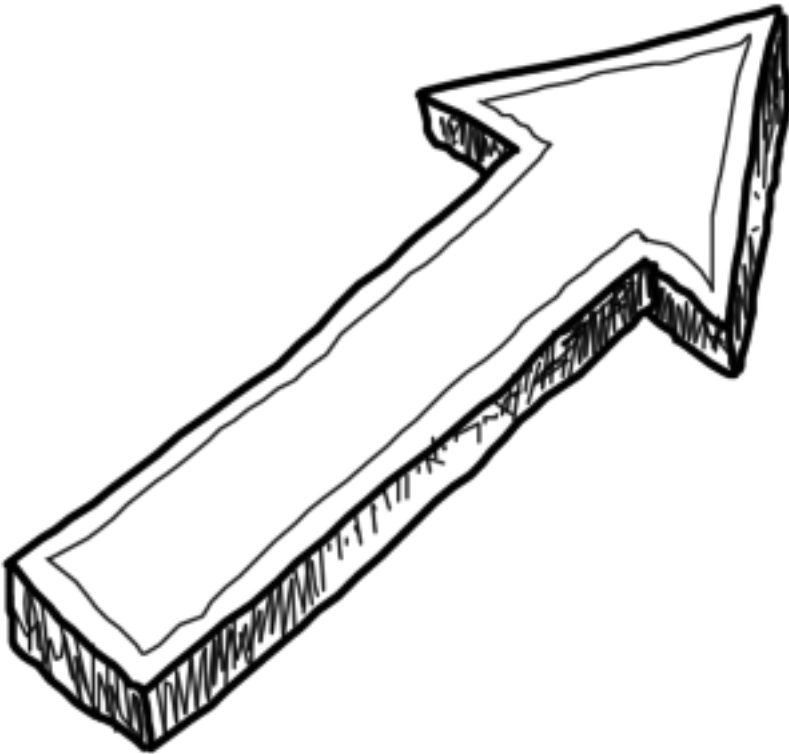


Think -----

Draw what "home" looks like to you...



Think

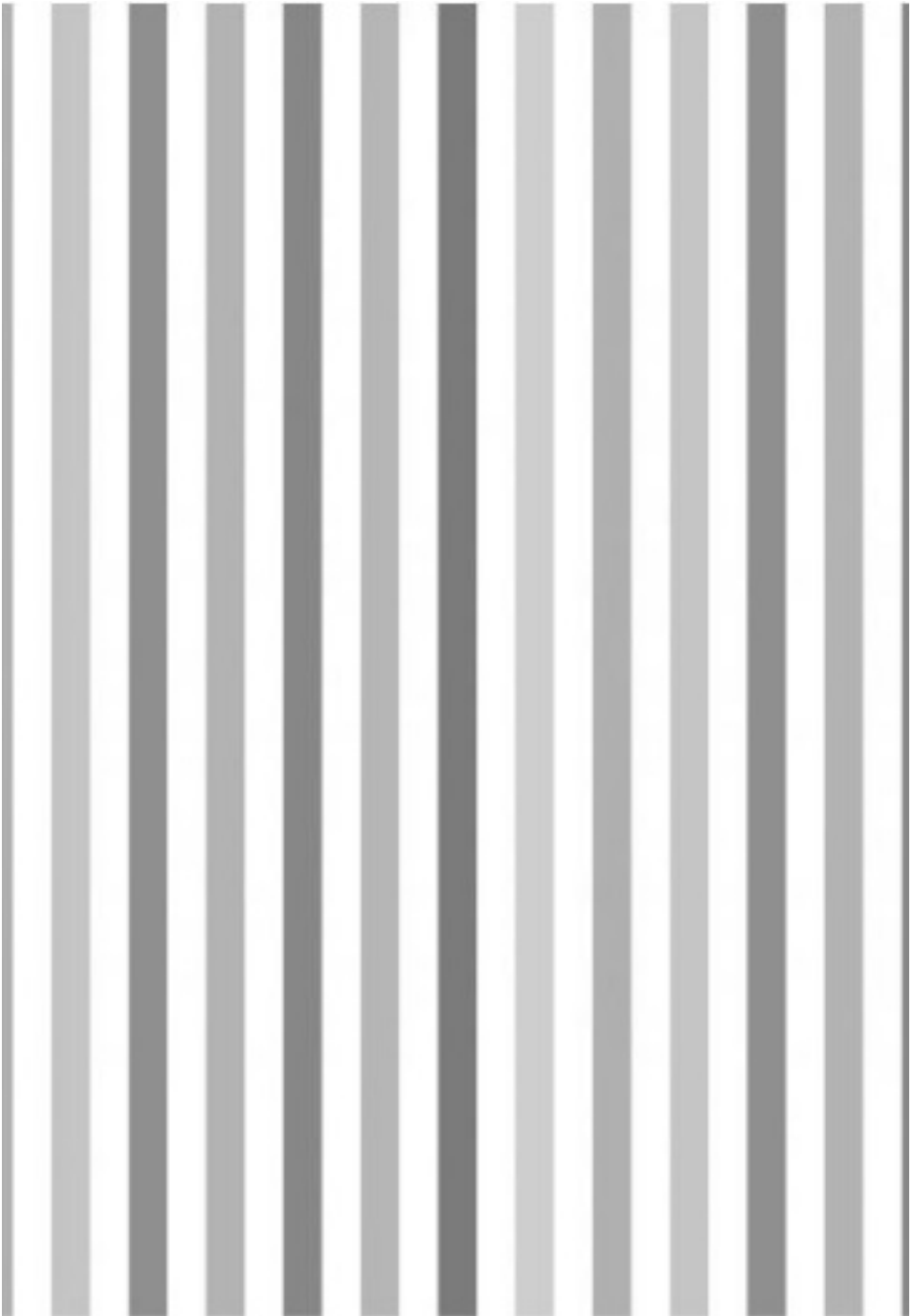


Think -----

What could no amount of money make you do?

If you had all the money you'd ever need, what would you want to do with your life?

Think -----



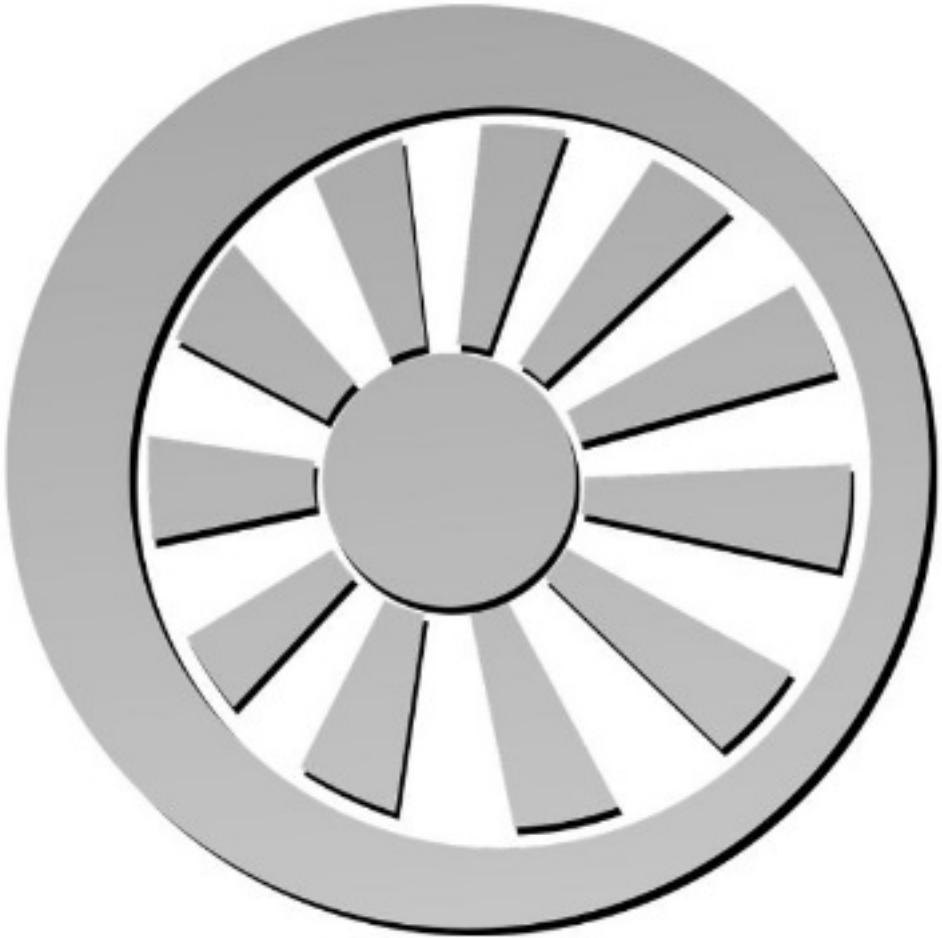
Think -----

Order the following words based on how important they are to you: Power, Loyalty, Prestige, Wealth, Passion, Freedom...

A large gray pyramid is positioned on the left side of the page. To its right, there are six horizontal, rounded rectangular boxes stacked vertically. Each box contains a number from 1 to 6, starting from the top. The boxes are intended for the user to write the words from the list in order of their importance.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Think -----



Think -----

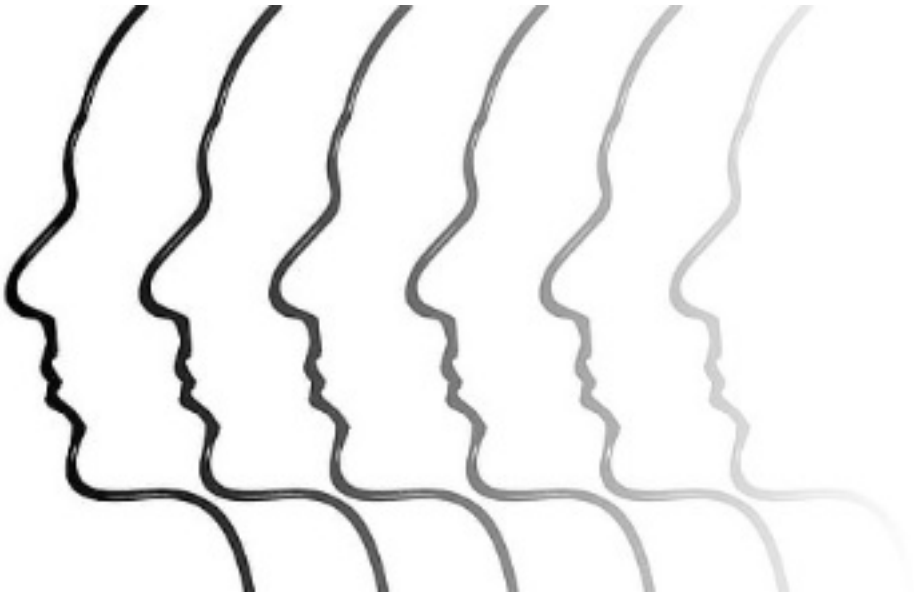
Write your own definitions for the big words listed below...

Success:

Joy:

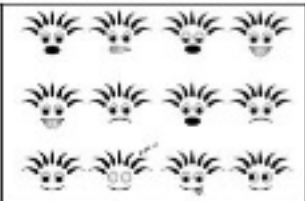
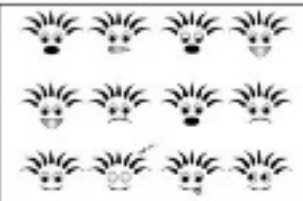
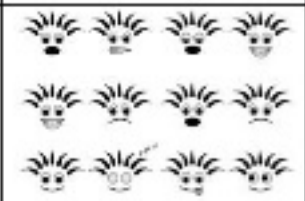
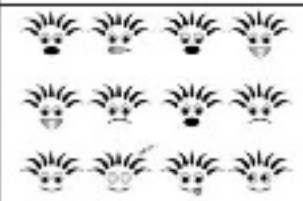
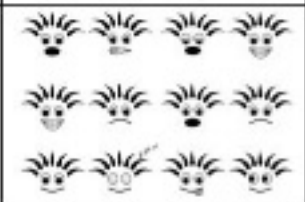
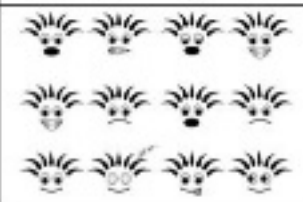
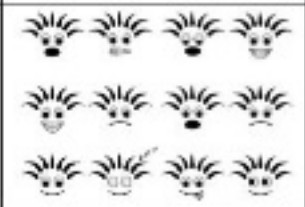
Love:

Feel -----

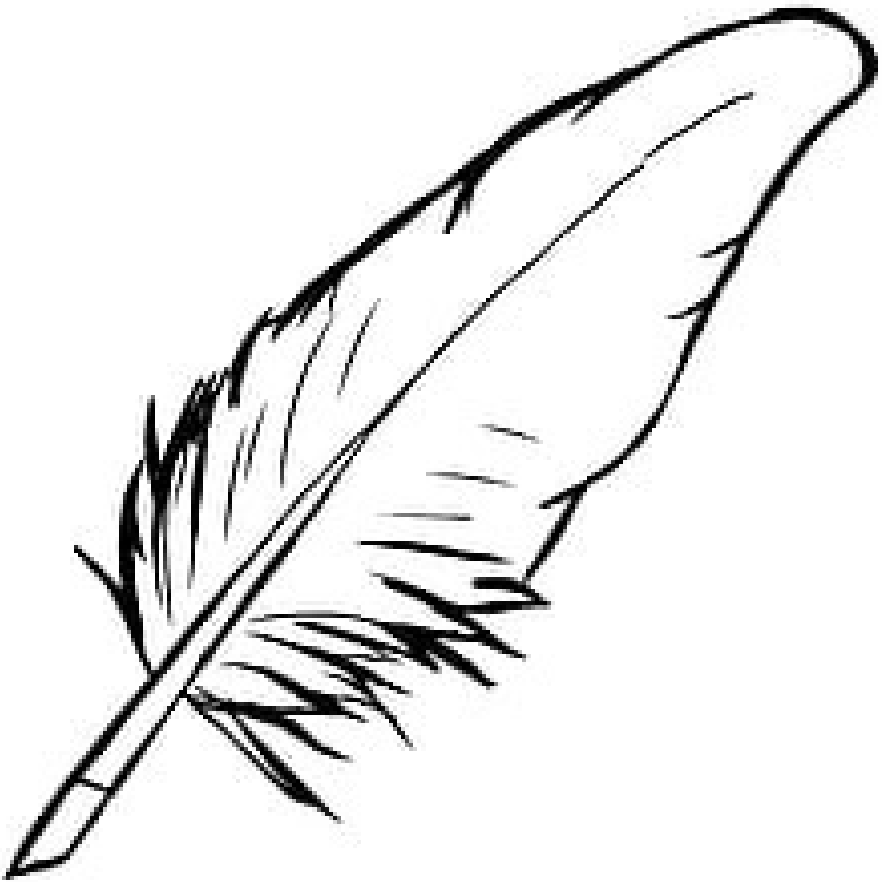


Feel

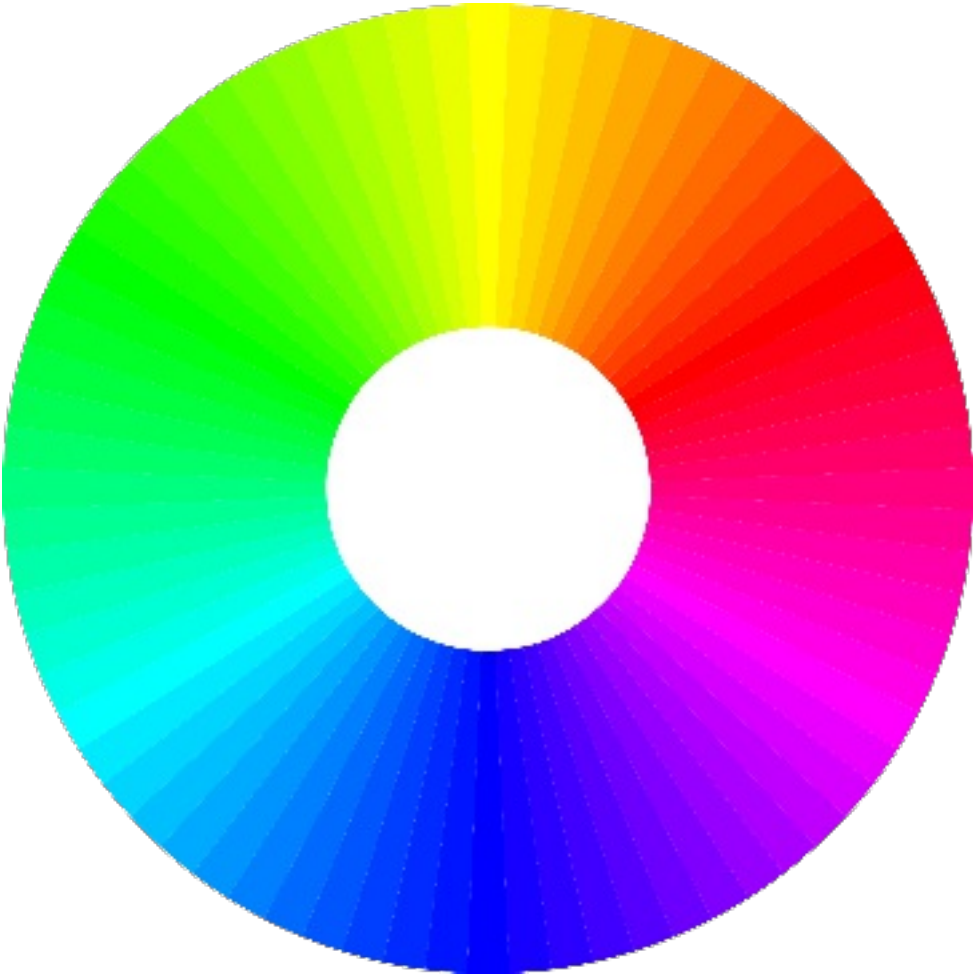
Circle a face that represents your overall mood each day over the course of a week...

Monday		Friday	
Tuesday		Saturday	
Wednesday		Sunday	
Thursday			

Feel



Feel -----



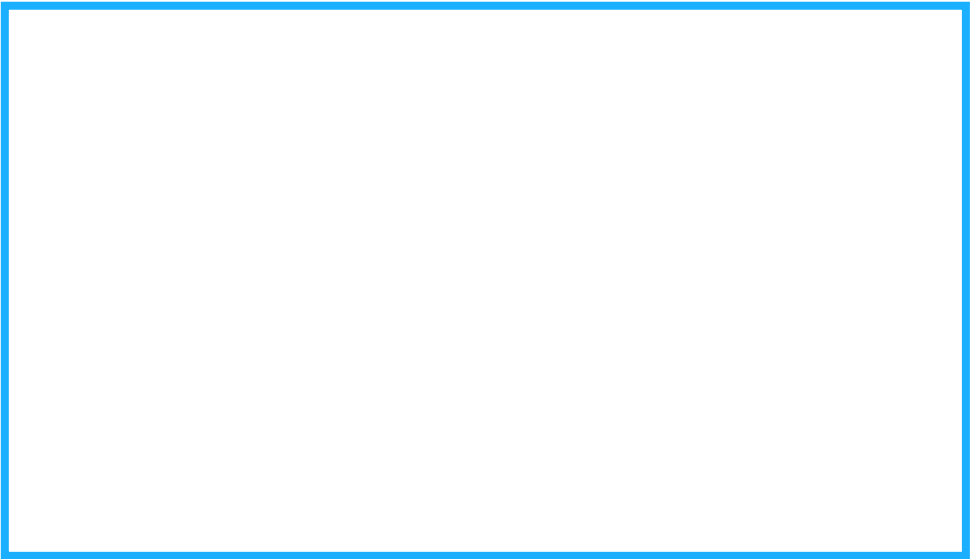
Feel -----



Feel



In the box below, draw or paste a photo of something you feel is beautiful...

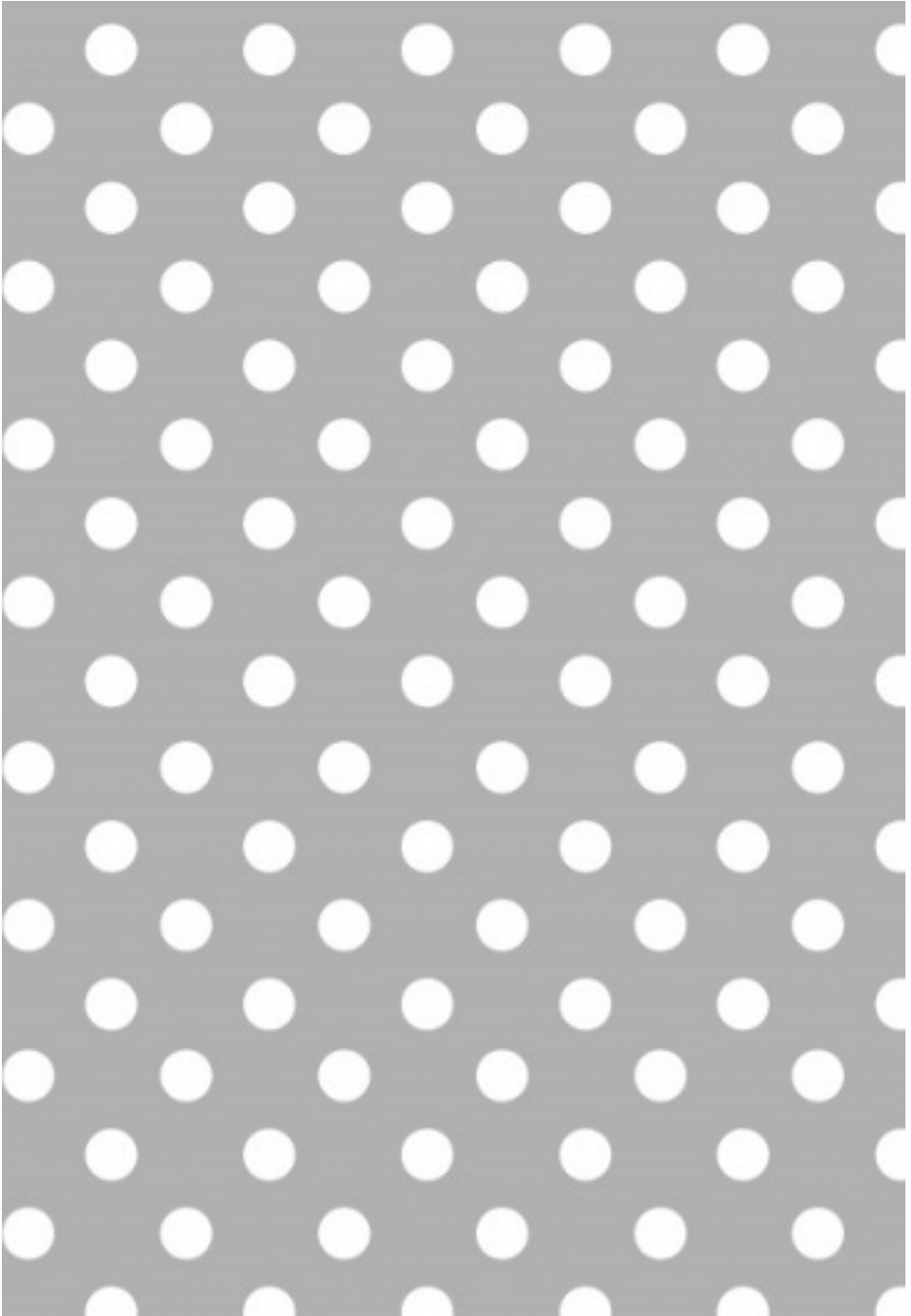


What is beautiful about you?

Feel _____



Feel

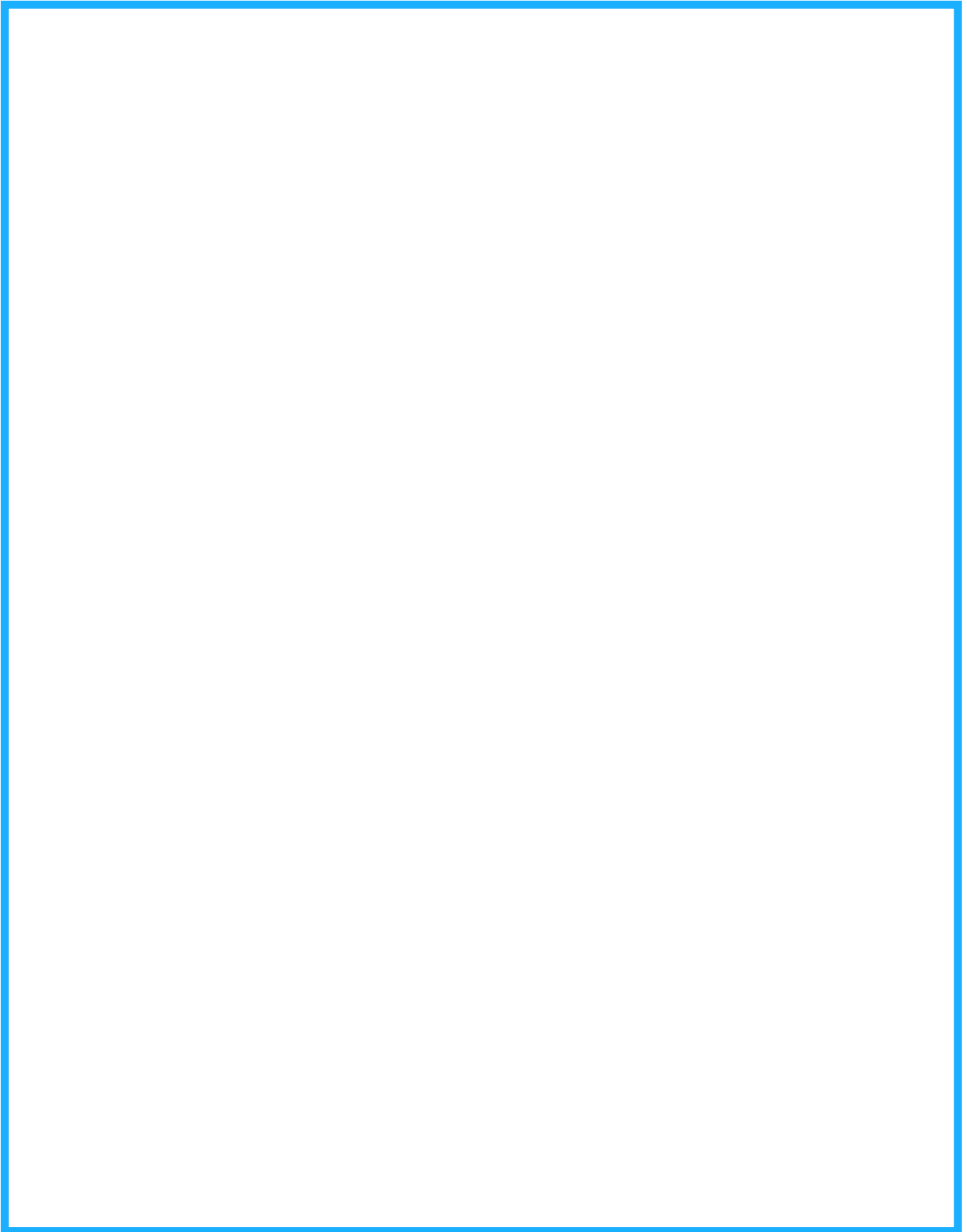


Feel



Feel -----

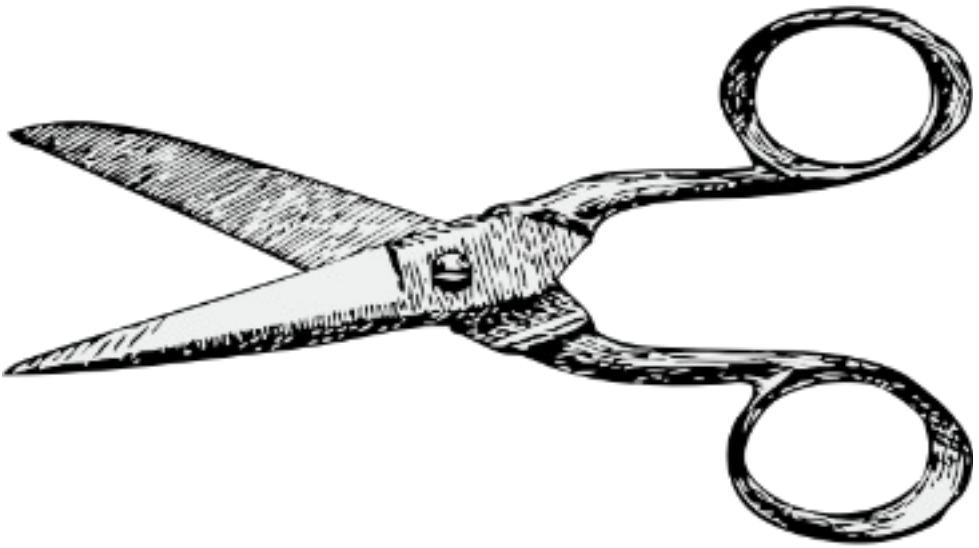
Draw your real or imaginary happy place...



Feel

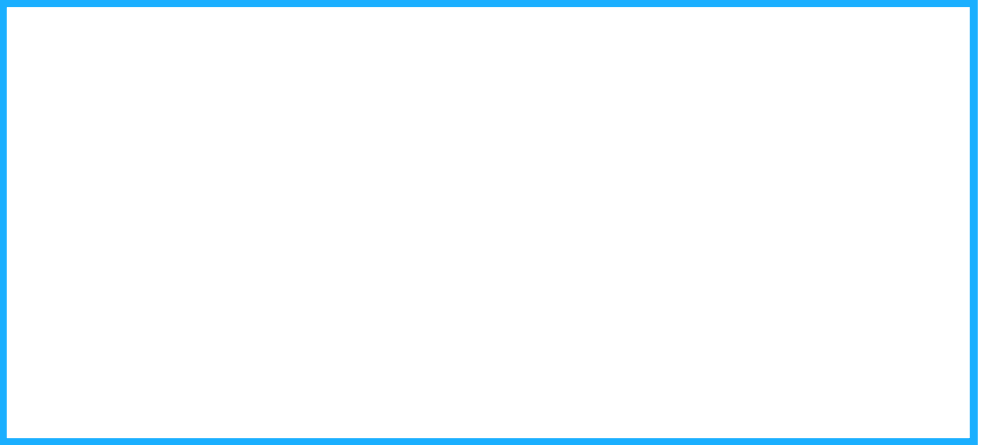


Feel

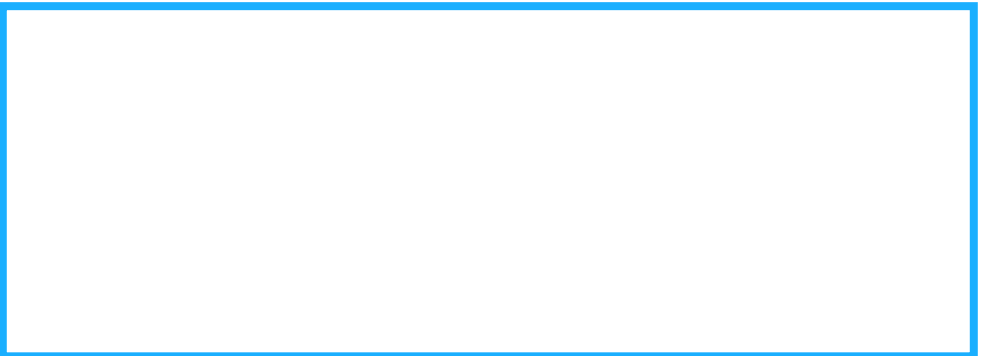


Feel

List some things you like about yourself...



Write something you don't like about yourself in the space below...

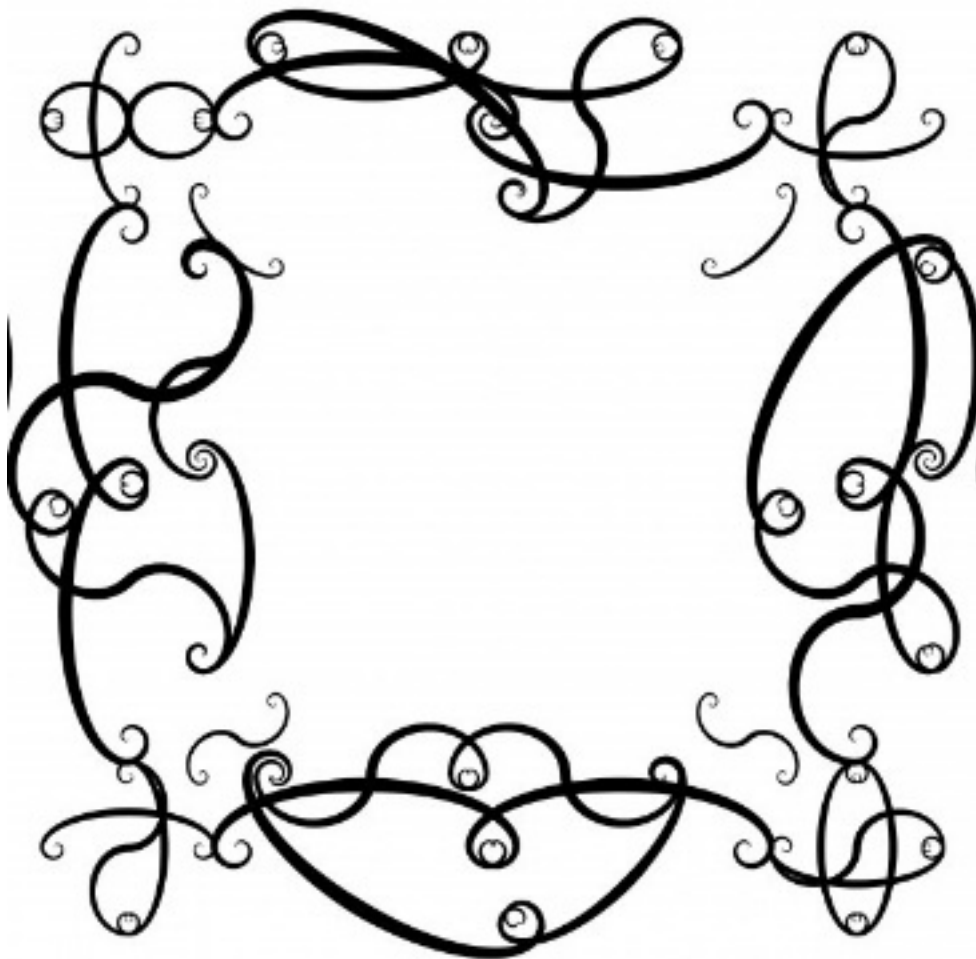


Now cut out the bottom half of this page and rip it up!

Feel

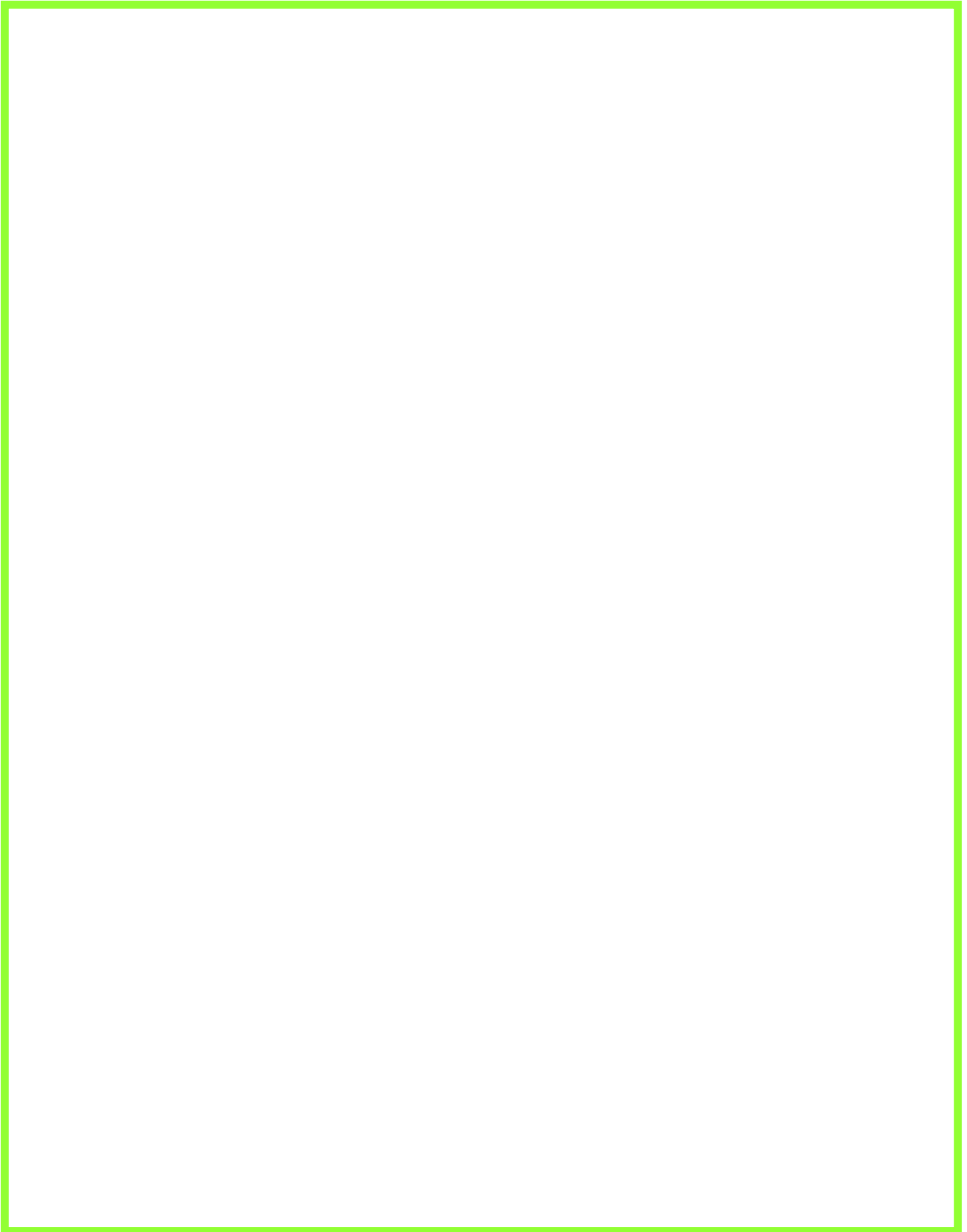


Act _____



Act -----

Draw a self-portrait...




Act _____



Act -----

Create an itinerary for your perfect day...



Act -----



Act -----

Pick a new healthy habit to try this week...

My new habit: _____

Check off your progress...

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

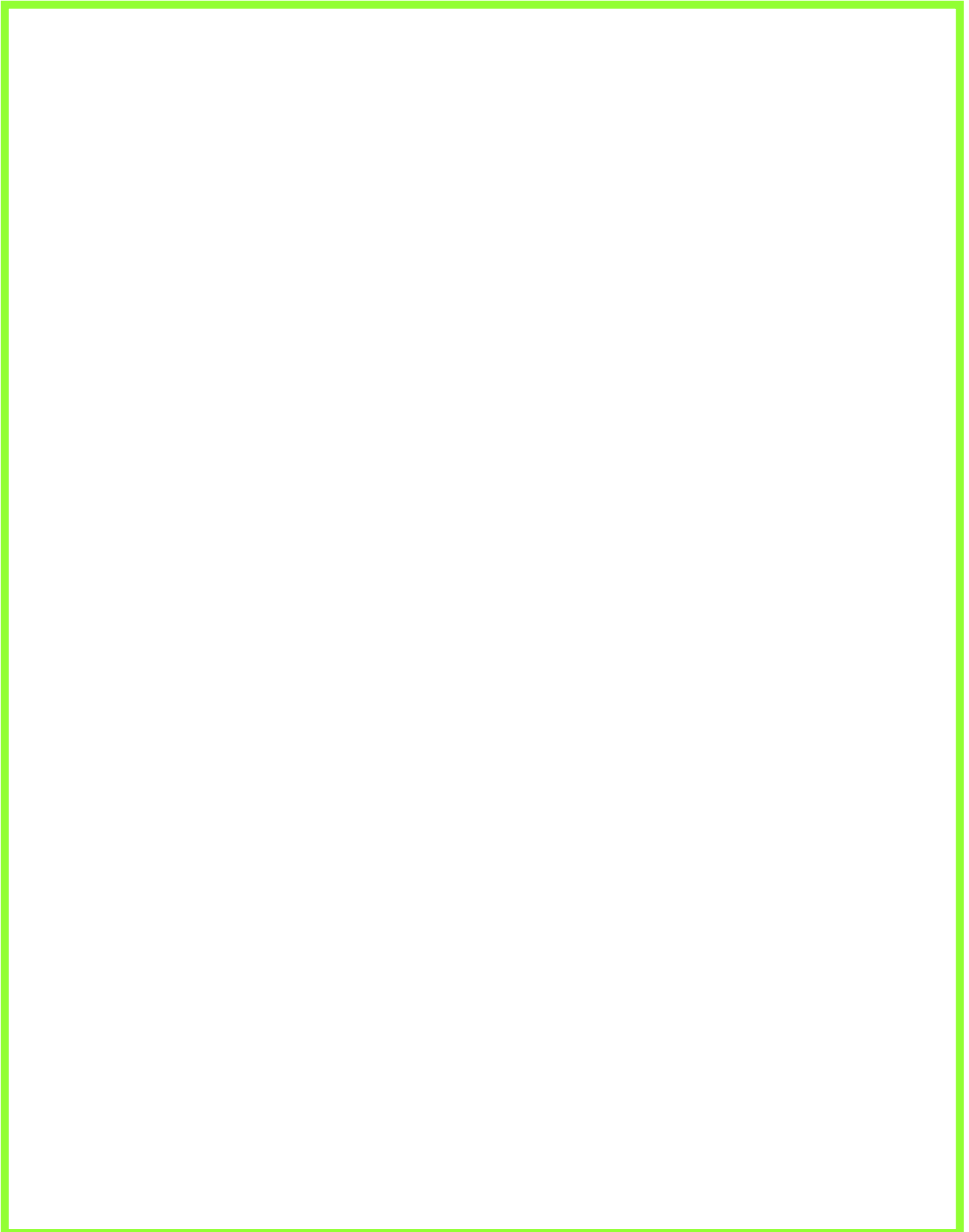
Sunday: _____

Act



Act -----

Doodle in the box below...



Act



Act

Fill in the blank spaces below with the type of word for each. Then read out the whole story.

Someday (When I'm Older...

Someday, when I am _____ (age), I'd like to look back on everything and feel _____ (emotion) about the _____ (adjective) life I had. I think I will be very thankful for the _____ (adjective) people I called friends. They always knew how to make me _____ (verb). I'll think about everything I accomplished in my career as a _____ (type of job) and remember the time I won an award for my _____ (personal characteristic). Perhaps I will also look through my old photos and say " _____ (expression), how lucky I was to have travelled all the way to _____ (place) and to have seen the _____ (landmark)." Maybe I will sit on the porch of my _____ (type of home) and bask in the _____ (adjective) view of the _____ (noun) in my backyard. While watching the sunset, I'll eat _____ (type of food) for dinner with _____ (name of a person you know) and we will tell the story about the time we _____ (verb in past tense) to the _____ (noun). We'd laugh so hard that _____ (noun) would come out of our _____ (body part, plural). Then I'd sigh and say, "Wow, I'm so _____ (emotion) to be me."

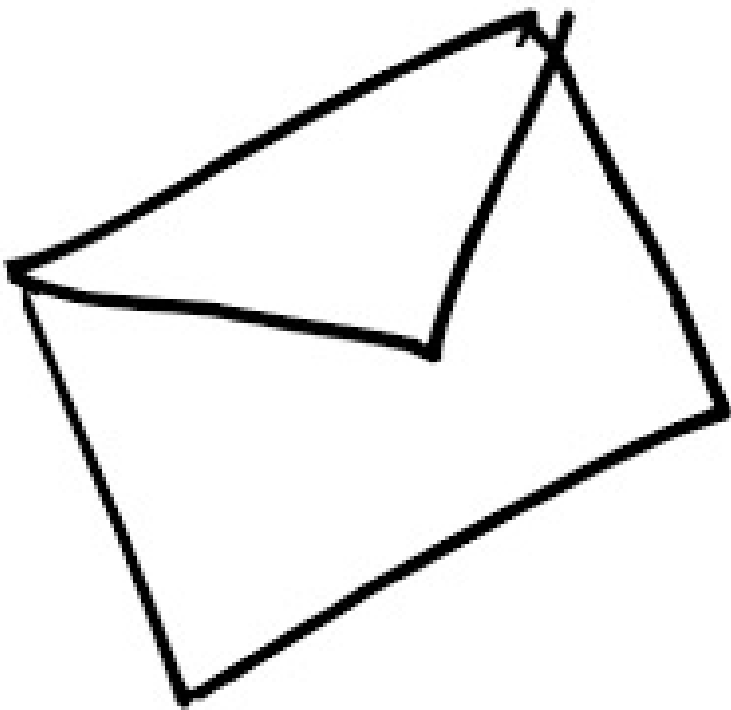
Act -----



Act -----

Give three people a compliment today...

Act -----

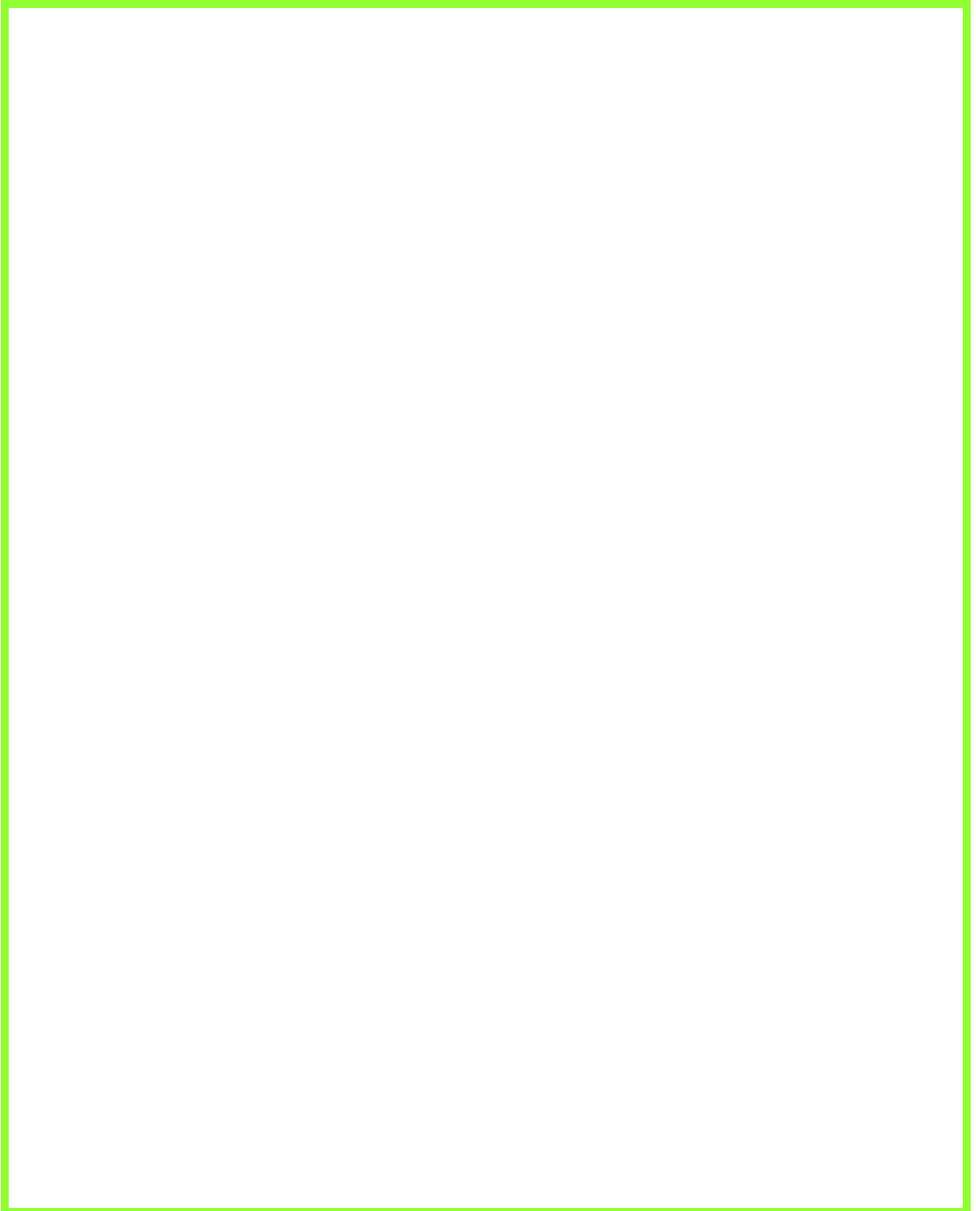


Act

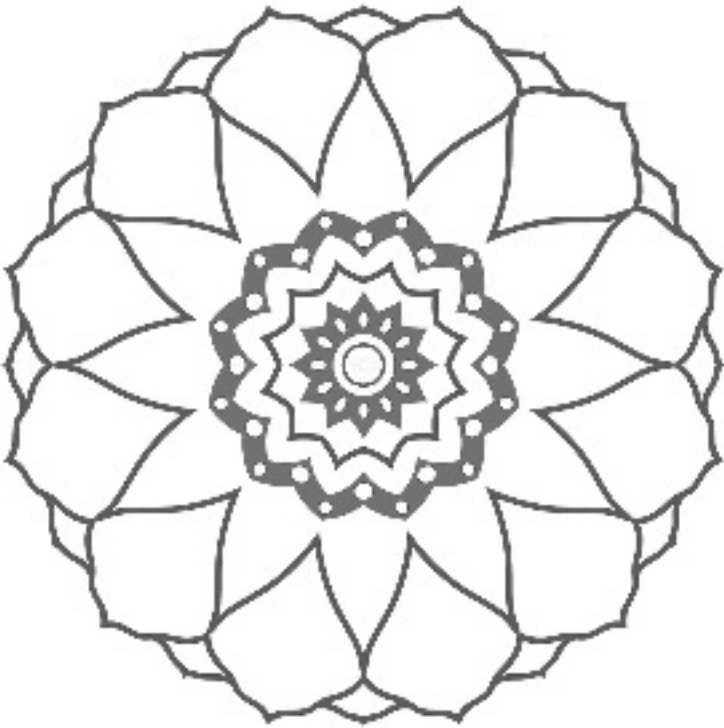


Act -----

**Take a walk outside and tape a memento
in the space below...**



Act -----



Act

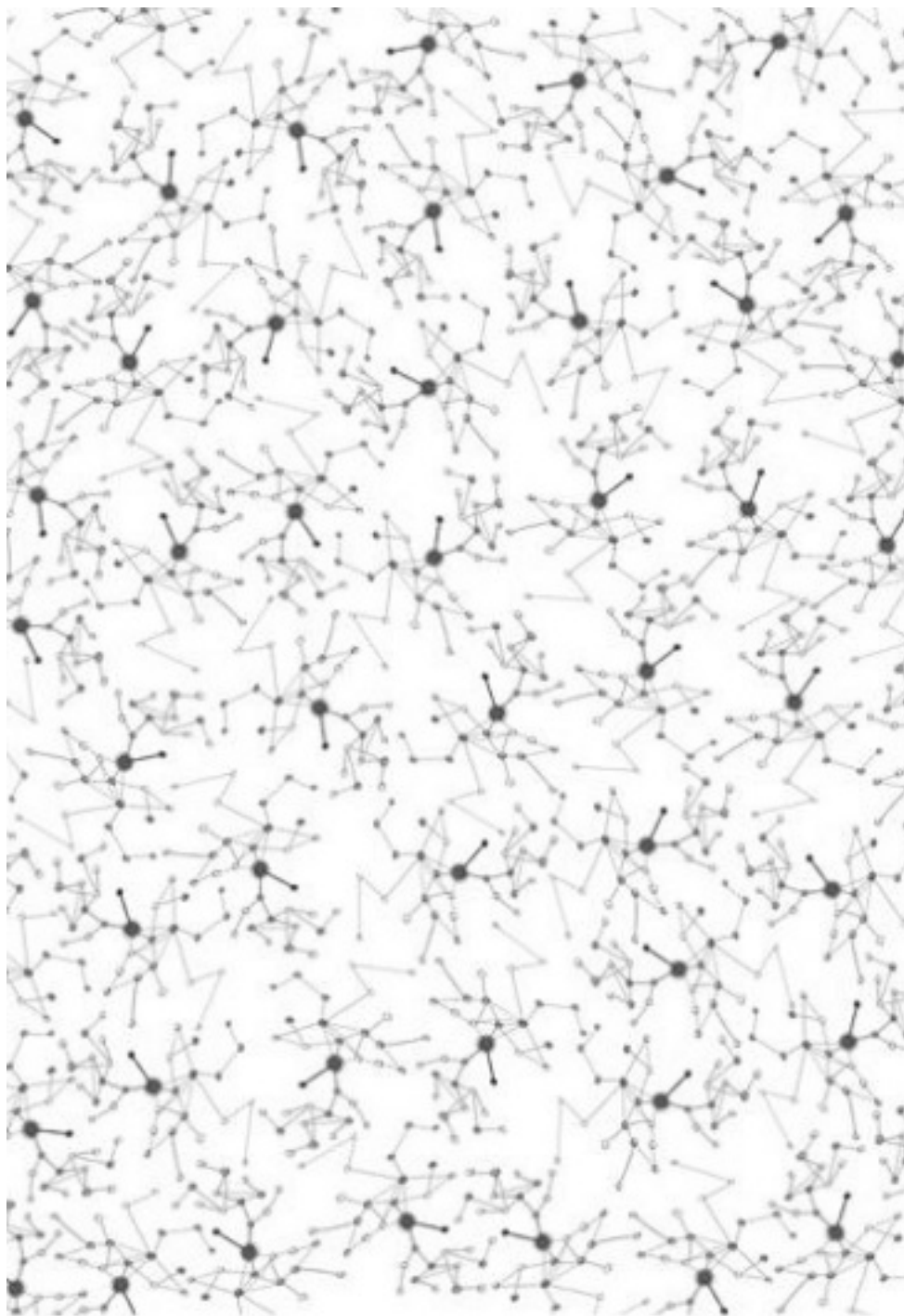
Draw or paste an image of...

Something you are good at:

Something you are bad at:

Something you'd like to get better at:

Act -----



Act

Create a hypothetical timeline for your future...

1 month from now...

1 year from now...

5 years from now...

10 years from now...

Notes-----

Ruled lines for writing notes.

Notes-----

Notes-----

Notes

Notes-----

Notes-----

Notes-----

Notes

Notes-----

Notes
