



## Self-Worth & Identity Questionnaire

### Part 1: Developing a Strong Sense of Self

1. How would you describe yourself in three words?

---

---

---

2. When do you feel most like *yourself*? (Tick one)

- ☐ When I'm with friends
- ☐ When I'm doing something I enjoy
- ☐ When I'm helping others
- ☐ When I'm alone
- ☐ I'm not sure yet

3. Why is it important to know and accept who you are?

*Write a short answer:*

---

---

---

### Part 2: Recognising Strengths, Interests, and Goals

4. Which of the following do you feel are *your* strengths? (Tick all that apply)

- ☐ Creativity
- ☐ Problem-solving

- Kindness
- Teamwork
- Staying organised
- Communication
- Other: \_\_\_\_\_

**5. What is something you enjoy doing and would like to get better at?**

---

**6. What is one personal goal you have for yourself this year?**

---

---

### **Part 3: Exploring Values, Identity, and Confidence**

**7. Which values are most important to you? (Pick up to 3)**

- Honesty
- Friendship
- Respect
- Fairness
- Courage
- Kindness
- Independence
- Other: \_\_\_\_\_

**8. How confident do you feel speaking up or sharing your opinion in class?**

- A. Very confident

- B. Somewhat confident
- C. Only when I'm sure I'm right
- D. Not confident at all

**9. What is one thing you like or appreciate about yourself?**

---