



YOUR IDENTITY STATEMENTS

What is an Identity Statement?

Identity Statements are your character statements - based on your core values and beliefs - these statements can be guideposts for you when deciding on committed action - either in career, relationships, any decision or action.

Why should I create Identity Statements?

Life gets very busy. Relationships and situations can get convoluted. Having Identity Statements can ground you and provide direction when life gets complicated. They can be helpful for the following:

- As guidance for your purpose or calling in life
- As an everyday life reminder of what is truly important to you
- As a signpost of how you want to behave in different areas of life (work, home, etc.)
- As an important factor in gaining confidence
- To ease the decision-making process by knowing yourself better
- To get to know people close to you better
- To reduce stress before important events
- As a motivation for harder tasks in life

How do I create my Identity Statements?

First, drop judgment. Do this exercise with self-awareness and in a stance of observation. Getting curious and getting focused and ambitious even. Second, go back to your values. Your identity statements should say something about what you value most. If you need help with values clarification, refer to the table below and choose your top 10.

1. Set up the statement. Examples could be:

I _____ (prioritize my family)

I am a person who _____ (takes care of their physical body)

I am _____ (a person who likes to learn new things)

2. What would be the evidence underneath these identity statements? Factual events, your own thoughts and preferences. Sometimes we see that we would like to have an identity statement but we don't have much evidence. So we can work towards this - so deficits are not necessarily "bad" at all.

3. Boundaries - are there areas that need some boundary clarification? Boundaries = "the distance I can love both you and me at the same time."

TABLE OF VALUES

Acceptance	Cooperation	Generosity	Openness	Skill
Accomplishment	Courage	Genius	Optimism	Skillfulness
Accountability	Courtesy	Giving	Order	Smart
Accuracy	Creation	Goodness	Organization	Solitude
Achievement	Creativity	Grace	Originality	Spirit
Adaptability	Credibility	Gratitude	Passion	Spirituality
Alertness	Curiosity	Greatness	Patience	Spontaneous
Altruism	Decisive	Growth	Peace	Stability
Ambition	Decisiveness	Happiness	Performance	Status
Amusement	Dedication	Hard work	Persistence	Stewardship
Assertiveness	Dependability	Harmony	Playfulness	Strength
Attentive	Determination	Health	Poise	Structure
Awareness	Development	Honesty	Potential	Success
Balance	Devotion	Honor	Power	Support
Beauty	Dignity	Hope	Present	Surprise
Boldness	Discipline	Humility	Productivity	Sustainability
Bravery	Discovery	Humor	Professionalism	Talent
Brilliance	Drive	Imagination	Prosperity	Teamwork
Calm	Effectiveness	Improvement	Purpose	Temperance
Candor	Efficiency	Independence	Quality	Thankful
Capable	Empathy	Individuality	Realistic	Thorough
Careful	Empower	Innovation	Reason	Thoughtful
Certainty	Endurance	Inquisitive	Recognition	Timeliness
Challenge	Energy	Insightful	Recreation	Tolerance
Charity	Enjoyment	Inspiring	Reflective	Toughness
Cleanliness	Enthusiasm	Integrity	Respect	Traditional
Clear	Equality	Intelligence	Responsibility	Tranquility
Clever	Ethical	Intensity	Restraint	Transparency
Comfort	Excellence	Intuitive	Results-oriented	Trust
Commitment	Experience	Joy	Reverence	Trustworthy
Common sense	Exploration	Justice	Rigor	Truth
Communication	Expressive	Kindness	Risk	Understanding
Community	Fairness	Knowledge	Satisfaction	Uniqueness
Compassion	Family	Lawful	Security	Unity
Competence	Famous	Leadership	Self-reliance	Valor
Concentration	Fearless	Learning	Selfless	Victory
Confidence	Feelings	Liberty	Sensitivity	Vigor
Connection	Ferocious	Logic	Serenity	Vision
Consciousness	Fidelity	Love	Service	Vitality
Consistency	Focus	Loyalty	Sharing	Wealth
Contentment	Foresight	Mastery	Significance	Welcoming
Contribution	Fortitude	Maturity	Silence	Winning
Control	Freedom	Meaning	Simplicity	Wisdom
Conviction	Friendship	Moderation	Sincerity	Wonder
	Fun	Motivation		