

Worksheet # 4 – “Who Am I?”

“I am _____”

How would you fill in the second half of the above sentence? Typically, people first think of the different roles they play in their lives. Here are some common responses:

“I am a father...”

“I am a son...”

“I am a mother...”

“I am a vegetarian...”

“I am a husband...”

“I am a boss...”

“I am a wife...”

“I am a waitress...”

“I am a daughter...”

“I am an athlete...”

Instead of the roles you play, fill in the sentence by thinking of personal traits and characteristics. Brainstorm as many responses as you can think of in the time allotted. Strive for quantity, and don’t censure yourself. Be honest. No one but you will see your answers. Ready? Go!

“I am _____.”	“I am _____.”	“I am _____.”
“I am _____.”	“I am _____.”	“I am _____.”
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“I am _____.”	“I am _____.”	“I am _____.”
“I am _____.”	“I am _____.”	“I am _____.”
“I am _____.”	“I am _____.”	“I am _____.”
“I am _____.”	“I am _____.”	“I am _____.”
“I am _____.”	“I am _____.”	“I am _____.”