**What is ‘Self Identity’ and ‘Values’?**

In short, self-identity is how we perceive the ‘self’ and values are what is important to us in each of these aspects.

As we journey through life, our values change around our identity and this is coloured by our past experiences, environment and culture etc. Spending time reflecting and thinking about our current position in life and the direction in which we aim to travel helps us to re-evaluate and recalibrate our compass on life’s map. In doing so, we can work to ensure that our priorities and values matches with what matters most to us in the here and now as well as our future goals, aims and ambitions.

**Self-Evaluating identity and values:**

Look at the areas outlined on the next page. Each are considered a core part of our lives, identity and being. Consider where your values sit in each aspect?

Using the values star template on the final page, you may wish to plot your starting points in order to help identify the key areas you wish to prioritise your focus for development moving forwards.

**Key areas identity and values are shown *(examples)*:**

Key questions:

***How do you currently see yourself in each area of ‘identity and value’?***

*(Optional; values star - rate each area out of 10 where ‘0’ means ‘This is an area of weakness and currently unfulfilled’ and 10 means ‘This is an area of strength and is fulfilled’)*

***How would you like to see yourself in each area of ‘identity and value’?***

***What might the next step of progression look like in each ‘identity and value’?***

***How might you begin to implement this?***

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***A drawing of a star

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