

CORE IDENTITY MODEL

'Most people spend their lives attempting to be somebody they aren't, but the real power comes from accepting the truth of who you are and running with it to the very best of your ability' - Kain Ramsay.

Use this worksheet to begin filling in the blanks and define the truth about who you genuinely are. Start off by defining the things that YOU DO in life (outer circle), then consider HOW you are you (your attitudes, behaviours, preferences and styles - middle circle). Finally, take some time to begin filling in the blanks about WHO you truly are (not what you do or how you are you - centre circle).

WHAT YOU DO?

HOW YOU ARE YOU?

WHO YOU ARE?

