



Presented by BU Happiness College

# Creating Your Sense of Self & Identity

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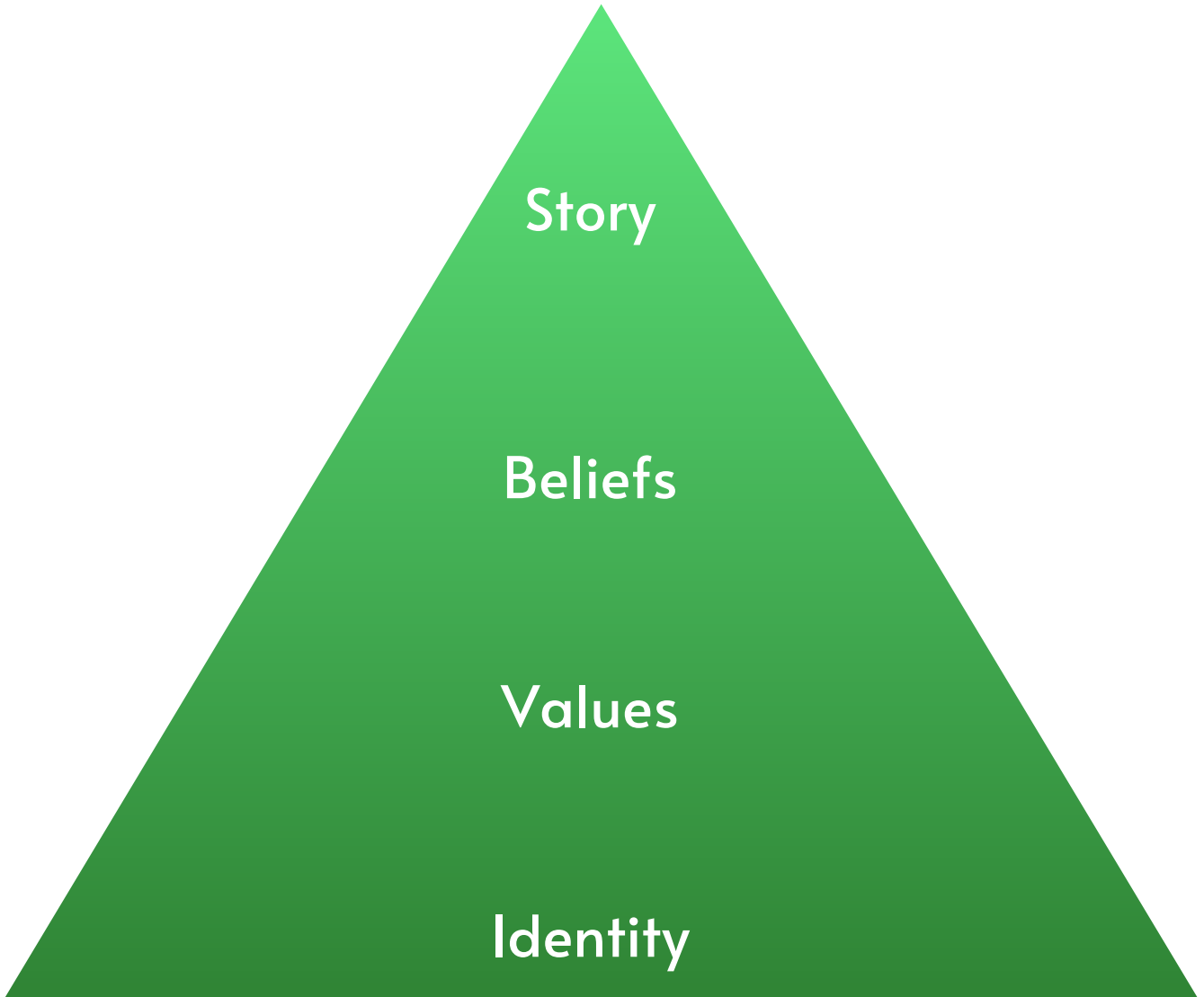




“One of the greatest tragedies in life is to  
lose your sense of self and accept the  
version of you that is expected by everyone  
else” - **JKL Toth**



# Identity: The Base of Growth



## Notes

A large, light gray rounded rectangle with rounded corners, intended for taking notes. It is positioned below the 'Notes' header and occupies most of the lower half of the page.



# The Jigsaw Puzzle of Identity



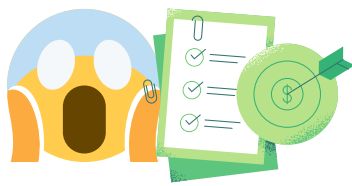
**Culture**



**Life Experiences**



**Upbringing**



**Fears & Desires**



**Labels**

## NOTES



# Questions to Explore Your Sense of Self

What labels do I feel aligned with?

If a character in a book or film was based on me, how would I describe that character?



# Your Identity Map

## My Character Strengths Are:

- 1.
- 2.
- 3.
- 4.
- 5.

## My Love Languages Are:

- 1.
- 2.

## My Core Values Are:

- 1.
- 2.
- 3.

## My Psychological Needs Are:

- 1.
- 2.

## Additional Notes

## My Passions Include:

- 1.
- 2.
- 3.

A photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...





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