

Who Am I, Really? – Reflection Exercise

Purpose: To help you move beyond roles, titles, and demographics into a deeper awareness of your true identity and essence.

Step 1 – Opening Thought

Too often, when asked ‘Who are you?’ we answer with what we do or what others see. But there’s more to us than roles, labels, and demographics. Today, let’s peel back the layers and discover who we are at the core.

Step 2 – First Response

Write down your first response to the question: *Who are you?* Don’t overthink it.

Step 3 – Layer Peeling

For each role or label you wrote, ask yourself:

1. If I couldn’t do this anymore, would I still be me?
2. What does this role reveal about my deeper qualities?

Example: “I am a student.” → “Even without that role, I’d still be curious, eager to learn, and determined.”

Step 4 – What Do You Love About Yourself?

Write at least 3 things you love about yourself—not external achievements, but qualities of your character, personality, or spirit.

Step 5 – Craft Your ‘I Am’ Statement

Now, using your reflections, write a declaration that begins with ‘I am...’. Leave out jobs, titles, demographics—focus on your essence, values, and inner identity.

Examples: “I am a voice of encouragement.” / “I am determination wrapped in kindness.” / “I am light in dark places.”

Step 6 – Compare & Reflect

Look at your first response and your final 'I am' statement.

• **What's different?** • **Which one feels truer?** • **How might this new awareness change how you see yourself?**

Step 7 – Culminating Task

Read the poem "Who Am I?" (provided). Then, write your own poem answering the question: **Who am I, really?**

Use your "I Am" statement and reflections to guide your poem.