

Step 1: Who Am I?

What do you want someone to know about you?

Write down about 10 **qualities, passions, or values** that are fundamental to who you are.

A **quality** describes **who you are**: a deep-seated character trait.

A **passion** is **what you love**: an interest, a hobby, an activity, a cause, etc.

A **value** is **what you believe**: what guides your decisions and actions.



From this list of 10, pick 3-5 that are MOST important to you:



Having trouble? Here are a couple ideas that might help:

- 1. Think about how your best friend would describe you, or the person in your family who loves you the most.** You can even contact one of these people and ask, “How would you describe me? What would you say are some of my defining qualities?”

This can be helpful even if you disagree with what they have to say -- if they say, “You’re so outgoing!” and you think, “But I’m actually so anxious and shy and introverted,” that can initiate a meaningful process of reflection. Ask them why they say that, and try to get closer to a quality or value that feels true to you.

For example, they might say, “Well, you’re always entertaining people and making jokes and the center of attention,” and you might reflect and think, “True, but that’s because I’m so anxious and shy! I’m constantly trying to make things less awkward for everyone!” That might then lead you to identify a quality, passion, or value that’s more accurate than “outgoing,” like maybe a passion for performing, or the quality of empathizing with other people’s social anxieties, or valuing the experience of connection and joy with other people.

- 2. Consult a list.** Linked below are lists of qualities, values, and passions. They’re by no means comprehensive, but see if any of these particularly resonate with you. You can go through and circle or highlight any that seem to fit, then review and narrow down to the ones that feel most fundamental to you. This isn’t about the person you wish you were, or the things you wish you were passionate about (or plan to one day become passionate about...). Who you are right now is plenty. Focus on and love that person.

Tips From Students Who Have Been Here:

Maria says: *“We first of all have to be confident and tell ourselves yes, we are this or that, we are ‘brave’ or ‘strong’. Because in order to write a whole essay about these values and passions and qualities, we have to understand them and believe them -- know our worth, like many say.”*

Values:

Authenticity	Leadership
Achievement	Learning
Adventure	Love
Authority	Loyalty
Autonomy	Meaningful Work
Balance	Openness
Beauty	Optimism
Boldness	Peace
Compassion	Pleasure
Challenge	Poise
Citizenship	Popularity
Community	Recognition
Competency	Religion
Contribution	Reputation
Creativity	Respect
Curiosity	Responsibility
Determination	Security
Fairness	Self-Respect
Faith	Service
Fame	Spirituality
Friendships	Stability
Fun	Success
Growth	Status
Happiness	Trustworthiness
Honesty	Wealth
Humor	Wisdom
Influence	
Inner Harmony	
Justice	
Kindness	
Knowledge	

Qualities:

Adaptability	Disciplined	Interested	Receptive
Accountable	Driven	Intuitive	Relaxed
Active	Dynamic	Joyful	Reliable
Adaptable	Eager	Judicious	Resourceful
Adventurous	Efficient	Just	Responsible
Affectionate	Empathetic	Kind	Romantic
Alert	Encouraging	Knowledgeable	Secure
Ambitious	Energetic	Logical	Selfless
Analytical	Engaged	Loving	Sensitive
Articulate	Enthusiastic	Loyal	Simple
Artistic	Entrepreneurial	Mature	Sincere
Assertive	Evenhanded	Methodical	Skilled
Attentive	Expressive	Mindful	Sociable
Balanced	Fair	Moderate	Spiritual
Brave	Faithful	Modest	Steady
Bright	Flexible	Motivated	Striving
Bubbly	Focused	Noble	Strong
Calm	Forgiving	Nurturing	Sweet
Captivating	Friendly	Observant	Talented
Careful	Fun	Open	Tenacious
Caring	Funny	Optimistic	Thorough
Charming	Generous	Organized	Tolerant
Cheerful	Gentle	Original Outgoing	Trusting
Clever	Giving	Passionate	Trustworthy
Commanding	Grateful	Patient	Understanding
Committed	Gregarious	Perceptive	Unique
Compassionate	Happy	Poised	Unpretentious
Competitive	Hardworking	Polite	Unselfish
Confident	Helpful	Positive	Unstoppable
Cooperative	Honest	Practical	Versatile
Courageous	Humble	Precise	Vigorous
Decisive	Imaginative	Productive	Visionary
Dedicated	Independent	Professional	Warm
Dependable	Industrious	Questioning	Wise
Determined	Informed	Quick	Wonderful
Devoted	Innovative	Rational	
Direct	Insightful	Realistic	

Passions:

Health and Wellbeing

Healthy eating
Walking, hiking, or trekking
Running
Biking
Swimming
Self-defense
Team sports
Yoga
Meditation
Self-care

Learning and Growing

Researching or experimenting
Reading self-help books or taking online courses
Learning new skills
Journalling
Learning how to learn
Knowledge
Wisdom
Personal finance

Work and Service

Leadership
Civic engagement
Political activism
Teaching
Mentoring
Service
Professional development

Love and Relationships

Being a partner
Being a parent
Being a son/daughter/child
Being a brother/sister/sibling
Being a friend
Being a relative
Being a citizen

Political and Social Movements

Conservation and environmental justice
Racial justice
Gender and sexuality justice
Civil rights
Prison abolition
Transformative justice
Religious rights
Feminism
Disability rights
Children's rights
Universal human rights
Food justice and farm workers' rights
Animal rights
Immigration justice
Voting rights and suffrage

Creative Pursuits

Writing
Speaking
Painting, sketching, or crafting
Knitting and Crocheting
Designing
Creating or Editing
Building or repairing
Collecting or organizing
Decluttering or cleaning
Playing an instrument
Singing
Dancing
Comedy, act or entertainment
Reading fiction
Watching (movies, TV series, documentaries)
Listening (to music, podcasts, audiobooks)
Reviewing
Making and composing
Photography
Event hosting or celebration
Programming
Playing or gaming
Cooking
Gardening
Animals
Nature
Travel
Adventure sports