

Identity Bookmark Worksheet

Use this to gently anchor yourself when you're feeling lost, fragmented, or unsure of who you are. These are reminders from your grounded self—collected for the moments when you need them most.

1. Three Things I Know Are True About Me (Even When I Forget)

1. _____
2. _____
3. _____

2. When I'm Grounded, I Feel Most Like Myself When I...

- _____
- _____
- _____

3. Values I Want to Live By

- ☐ Authenticity
- ☐ Curiosity
- ☐ Compassion
- ☐ Creativity
- ☐ Integrity
- ☐ Gentleness
- ☐ Growth
- ☐ Other: _____

Top 2 values I want to come back to when I feel untethered:

1. _____
2. _____

4. A Memory or Moment That Reminds Me Who I Am

Describe a moment—big or small—when you felt most connected to yourself:

5. One Sentence I Want Future Me to Read During a Spiral

“ _____ ”

Tips for Use:

- Fill this out when you're in a grounded, reflective space
- Keep it in your journal, planner, or nightstand
- Revisit and update it monthly or quarterly
- Use it as a reset when spirals start to pull you away from yourself