



*Rediscover
Yourself*

We sometimes need to remind ourselves, of who we are. Unpleasant emotions and challenging circumstances may lead us astray, causing us to lose touch with our identity. This worksheet serves as a tool, reminding you of the unique person you are and helping you rediscover yourself.

Date:

S M T W T F S

My Favorite Food:



My Top Qualities:

My Best Memory From The Past Year:





Date:

S M T W T F S

My Favorite TV Show/Movie:



My Top 3 Support System:

My Safe Place Or Favorite Place To Go:





Date:

S M T W T F S

My Favourite Activities/Hobbies



My Favourite Music/Songs

My Favorite Physical Trait Of Me:



Rediscover Yourself

Created by a Licensed Social Worker and Certified Addiction Informed Professional, this resource is designed to enhance self-awareness, offer valuable coping techniques, and aid in setting personal goals. Embrace its valuable insights and proactive methods to unlock your potential for effective mental health management.



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