



Decoding Your Identity

Explore who you are beyond your roles.

A self-discovery workbook to help you reconnect with your values, strengths, needs and evolving sense of self.

A gentle, practical resource from Align with Sari

01 Decoding your identity

Identity is the story we hold about who we are. It can include our roles, values, experiences, strengths, relationships and hopes. Sometimes we become so identified with a role—parent, partner, worker, carer or helper—that we lose touch with the wider person underneath.

Why it can help

Exploring identity can increase self-awareness and help you distinguish between who you are, what you do and what has happened to you. It can also reveal values and possibilities that deserve more space.

How to use this booklet

- Answer with curiosity rather than trying to create a perfect description.
- Notice identities you chose and identities you inherited.
- Include strengths, needs, values and contradictions.
- Return to the exercise as your life changes.

02 The many parts of me

List the roles, labels or identities you currently carry. Then consider which ones feel energising, restrictive or ready to evolve.

Identity or role	What it gives me	What it asks of me

Which roles receive most of my energy? Which parts of me need more attention?

03 Beyond the labels

When I am not performing a role, I am still...

Three values that matter deeply to me are...

A strength I sometimes overlook is...

A part of myself I would like to reconnect with is...

My identity statement

I am a person who values _____.

I am learning to _____.

I give myself permission to _____.

Remember: You do not have to do this perfectly. Take what supports you, adapt what does not, and return whenever you need to.

About Align with Sari

I offer a warm, personalised approach to wellbeing through life coaching, specialist ADHD life coaching, yoga, Ayurveda, massage and restorative practices. My intention is to help you reconnect with yourself and create realistic changes that fit your life.

Website: alignwithsari.com **Email:** alignwithsari@gmail.com **Telephone:** 07507 230289