



7-Day Identity Discovery Worksheet A Practice for Exploring Your Authentic Identity By Teach Lead Transform

**"The most powerful journey you can take is the one that leads
you back to yourself."**

How to Use This Worksheet

For seven consecutive days, take 5-10 minutes each evening to reflect on and answer the daily question. Write your thoughts honestly—this is for your eyes only. Look for patterns that emerge throughout the week.

Day 1: When did I feel most alive today?

Pay attention to activities, environments, or interactions that energized you or made time seem to disappear.

Notes:

Day 2: What did I do today because I "should" rather than "want to"?

Notice obligations that felt draining or inauthentic to your true self.

Notes:



Day 3: Who did I admire today and why?

The qualities we admire in others often reflect aspects of our authentic identity we wish to express more fully.

Notes:

Day 4: What did I avoid today and what does that reveal?

Our avoidance patterns often contain valuable information about our fears and barriers to authentic expression.

Notes:

Day 5: When did I feel most authentic today?

Identify moments when you felt you were being your true self without pretence or filtering.

Notes:



Day 6: What parts of myself did I hide today?

Consider which aspects of your personality, beliefs, or desires you felt you needed to suppress.

Notes:

Day 7: If I could change one thing about today, what would it be?

This final reflection often reveals core values and priorities that are seeking expression in your life.

Notes:

What's Next?

After completing all seven days, review your answers and look for patterns. Ask yourself:

- ☐ What consistent themes emerged?
- ☐ What surprised me about my responses?
- ☐ What aspects of my authentic identity are seeking more expression?
- ☐ What might be one small step I could take to align my daily life more closely with my authentic self?



Ready to explore your insights and take the next step in your identity alignment journey?

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Or email us directly at hello@teachleadtransform.com to schedule a complimentary follow-up call to discuss your discoveries.

© Teach Lead Transform. This worksheet is designed as part of the Empower Learn Method, combining principles from Positive Psychology, Coaching, and Neuroscience to create psychologically safe spaces for authentic identity exploration.