



Developing & Expressing Identity



Identity develops through engagement in preferred activities that are fueled by interests, preferences, values, personal strengths, and other characteristics (1). These create a sense of coherence and continuity in meaning and purpose.

Inspired by true stories...Doing things that develop & express your identity is good for you!

#expressionthrumusic: I believe human beings are made bodily, mentally and spiritually, and music comes into their whole being. I express my individuality and self through music, which uplifted me - Don (2)

#shiftingfocus: Being an artist allows me to not think about the pain as a cancer patient - Anonymous (3)

What About You?

What are you currently doing?

What have you done in the past few years?

How do you feel about it? (Please circle)



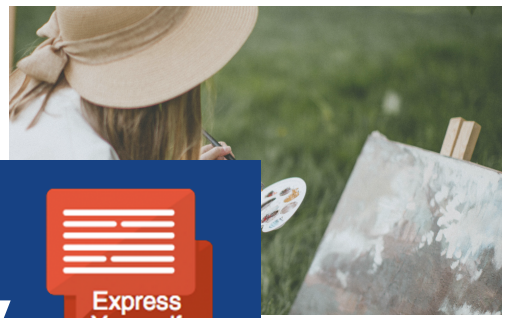
Goal Setting

In the next _____ months/year, I would like to:

To do this, I will need to:

Remember: What you do everyday matters to your health and well-being!





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Identity is often referred to as how people perceive themselves and are viewed by others (4). Identity develops through engagement in preferred activities that are fueled by interests, preferences, values, personal strengths, and other characteristics (2). These create a sense of coherence and continuity in meaning and purpose.

Clinician Guide

When? This document can be used to empower clients to think beyond their own problems or limitations to identify strengths and talents that they could share with others.

Why? Research shows that engaging in preferred activities that contribute to identity growth, such as participating in sports (5), cultural (6), religious (7) or artistic activities, are linked to improved behavioural, mental, psychological and spiritual health. Expressing an acceptable personal and social identity is an important factor in adapting to life events and achieving well-being (4).

How? The worksheet can be used with individuals or groups, to guide reflection on the importance of developing & expressing identity. Questions below are to prompt reflection & goal setting for change.

What About You? - Reflection Questions

Are you currently doing anything that develops or expresses your identity?

- Describe (who, what, where, when, why?)
- How satisfied are you with your current identity?
- Benefits? Challenges?

What have you done in the past few years that were meaningful and helped develop your identity?

- What has changed?
- Is there something from these past experiences that you would like to have in your life now?

Goal Setting Guide

What could you do differently in your current routine to express yourself and/or feel good about yourself?

- How meaningful would this be for you? (7-point Likert scale low to high)
- How much time would you like to commit to this? (Engagement)
- How much choice/control do you have over making this change?
- Could it interfere with other things you want or need to do? (Balance)

What personal or external issues might get in the way of meeting your goal?

