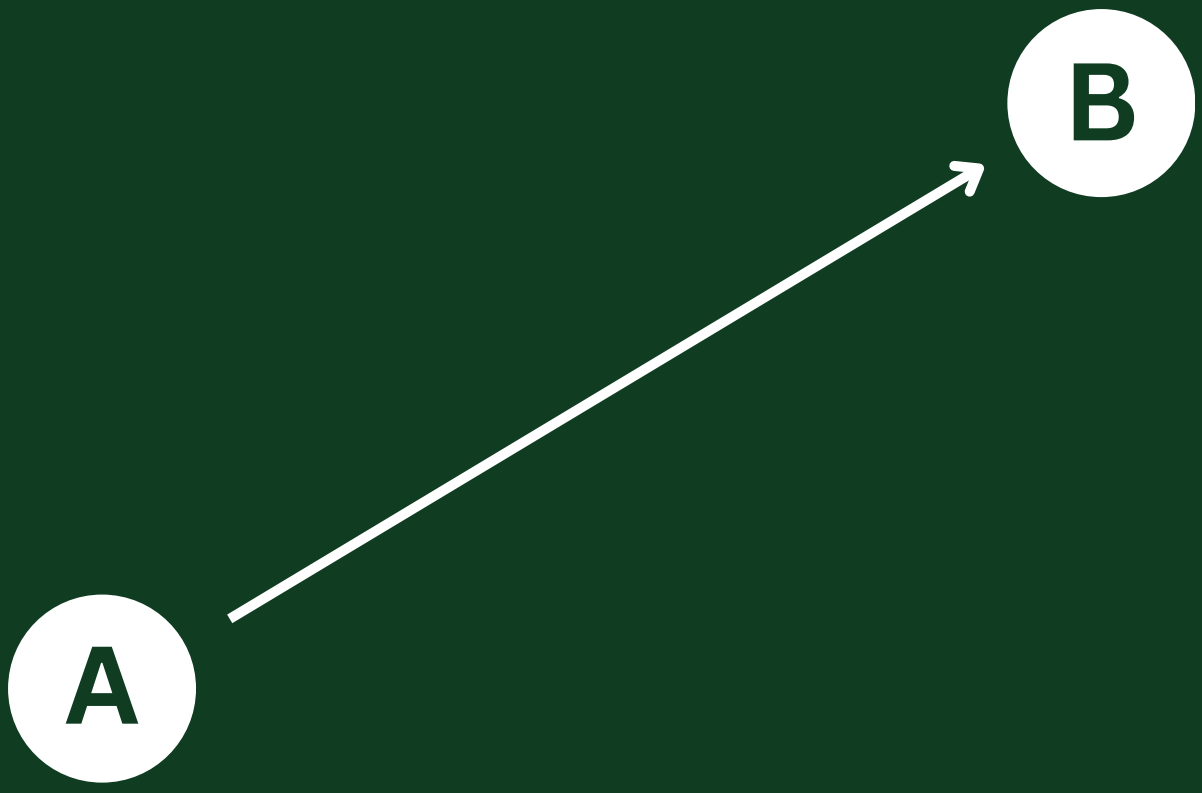
The Identity Audit



Identify the gaps between where you are, and where you want to be.

SELFHOOD

Introduction

Welcome to your Identity Audit, an introspective tool designed to help you uncover who you are today.

This audit will allow you to take a closer look at the different dimensions of your identity - your story, your values, your strengths, and your vision for the future, and assess how aligned they are with who you truly want to be.

This audit is unique because it combines both quantitative (numeric) and qualitative (descriptive) responses. Some questions will prompt you to rate your current state on a scale, while others will invite you to reflect deeply with open-ended answers. This balance provides you with both a measurable sense of where you are, and a qualitative understanding of the nuances of your identity.

Whether you're feeling stuck, uncertain, or just looking to connect with yourself, this audit will give you valuable insights into your current sense of self and highlight areas for growth. By the end, you'll have a clearer understanding of your identity, which will serve as the foundation for transformation and personal evolution.

Why this matters

You were born. And for a brief moment, you were just you.

Then, almost immediately, the world stepped in - defining you, shaping you, teaching you what to believe about yourself, others, and the way life “should” be.

These beliefs become your operating system. They dictate how you show up, what you strive for, what you tolerate, and what you think is possible for yourself. And yet… at no point are we ever taught how to define ourselves—for *ourselves*.

We often don’t realize this until something forces us to - a crisis, a breakup, burnout, a big life transition. But what if we didn’t wait for things to break before we checked in? What if we actually had the space, knowledge, and guidance to figure out who we want to be, before life made that decision for us?

That’s where this Identity Audit comes in.

Before you change anything, you need to know where you’re starting from. This is a tool to help you take ownership of your identity. To see yourself more clearly. To decide, with intention, who you want to become.

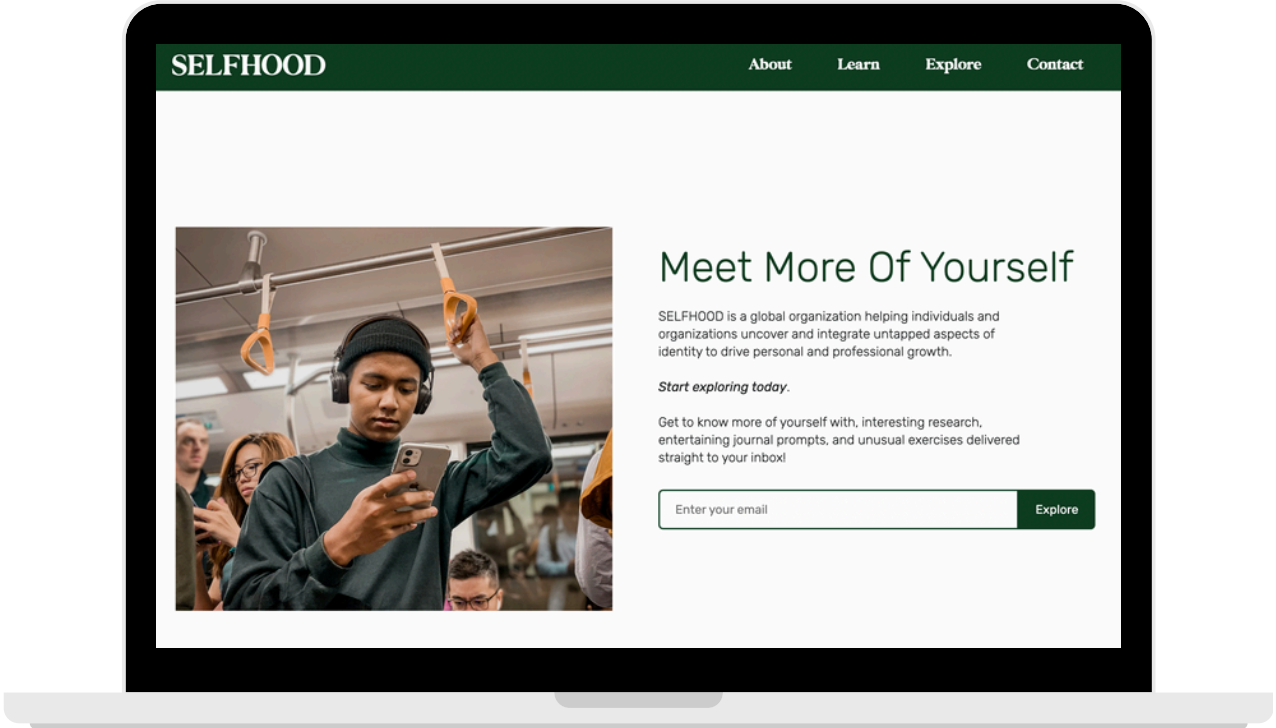
Because real belonging starts with belonging to yourself first.

Welcome to SELFHOOD

At SELFHOOD, we believe in giving people the tools to explore and take control over who they are.

We do this through events, coaching, workshops and resources.

Our work is grounded in what we call the Psychology of Selfhood - the study of how we construct, experience, and express our identity.



Instructions

1. Take your time with each section. Don’t rush - this is an opportunity for deep reflection.

2. Answer the questions as honestly as possible. There are no right or wrong answers; this is about understanding your current self.

3. After completing the questions, follow the self-scoring guide at the end of the audit to evaluate your responses.

4. Reflect on the scores and areas you feel could use attention. Explore current SELFHOOD offerings to see how you can work through these areas with guidance.

Section 1

Current Identity Assessment

Current Identity Assessment

Objective: To assess how you currently see yourself and uncover any limiting stories or beliefs about your identity.

1 - When you think about ‘who you are’ what comes to mind?

2 - What roles do you play in your life? *(e.g. partner, parent, friend, volunteer, etc.)*

Current Identity Assessment

3 - How happy are you with who you are, and how you show up in the world?



Scale: **1** = Very unhappy/want to change a lot, **5** = I love who I am

4 - What limiting beliefs or stories have you been telling yourself about who you are? And whose voice do you hear? *(e.g. "I'm not good enough," or "I'll never succeed")*

Section 2

Social Influence & Validation Check

Social Influence & Validation

Objective: To explore how much of your identity is influenced by external validation or societal expectations.

1 - What social identities play a dominant role in how you think about who you are? And how? (*e.g. race, religion, gender, class)*

2 - How often do you seek validation from others?



Scale: **1** = All the time, **5** = Never

Social Influence & Validation

3 - Where do you feel most restricted or inauthentic in your life due to social influence? *(e.g. work, relationships, family)*

4 - If there was no social pressure, what would you change about who you are and how you live?

Section 3

Core Values Clarity

Core Values Clarity

Objective: To help you clarify what truly matters to you and whether it's being reflected in how you live.

1 - Do you have 3 core values? If so, what are they? *(e.g. family, faith, freedom, luxury, growth, integrity)*

2 - Are they really **your** values? Or just what you think they should be?

Core Values Clarity

3 - How well do your current decisions and actions reflect these values?



Scale: **1** = Not at all, **5** = Perfect alignment

4 - Where do you usually slip up? i.e. what areas of your life are currently out of alignment?

Section 4

Strengths & Challenges Inventory

Strengths & Challenges

Objective: To identify your current strengths and areas of growth (you can be both a badass and growing).

1 - What are your biggest strengths? (*e.g. problem-solving, cooking, empathy, presenting)*

2 - What are a few more? Why didn't these come to mind initially?

Strengths & Challenges

3 - How much do you own, value and share your unique talents and expertise?



Scale: **1** = Not at all, **5** = Oh I KNOW what I bring to the table

4 - In which areas of your life do you feel most stuck or stagnant? (W*here is there room for more growth?*)

Section 5

Your Vision of the Future

Your Vision of the Future

Objective: To help you get clear on what *you* want, and the version of you that will get you there.

1 - Exactly one year on from today, if everything went to plan, where do you see yourself? (*Think big*)

2 - What qualities, characteristics, habits and beliefs does that version of you possess?

Your Vision of the Future

3 - How similar is that version, to the person you are today?



Scale: **1** = Nothing alike, **5** = That's who I am today

4 - What needs to change to get you closer to that future version of you?

Section 6

From Awareness to Action

From Awareness to Action

Objective: To move this beyond just self-awareness by identifying tangible steps and actions you need to take.

1 - Based on your responses to this audit, what are 3 key areas you'd like to spend more time exploring?

2 - What 1 small (non-intimidating) action can you take **today**, to start moving on this?

From Awareness to Action

3 - Historically, when you've set goals and not followed through, what trips you up? How can you pre-emptively stop that happening this time?

4 - Who can keep you accountable? "*Hey X, random, but I'm wanting to make a few changes in how I show up - would you mind being my accountability buddy?*"

Self-Scoring

Guide

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Self-Scoring

This isn't about judging or critiquing yourself, it's about understanding yourself. Some people process through journaling, others through numbers; this is just another way to take stock of where you are.

Consider this your benchmark - a snapshot of today, with the focus on what you can build from here. You can come back to this monthly, yearly—whenever you need a check-in, because nothing about you is static. You're always evolving and moving through different seasons of life. The goal is simply to give you something tangible to reflect on as you grow.

Review your answers - to the quantitative questions.
Calculate your score - it will range between 5 - 25.

Below 10: Additional exploration is encouraged. You're likely facing significant challenges or confusion about your identity.

10-20: You have a good foundational understanding of Self, but there may also be areas you're feeling stuck or misaligned.

20+: Amazing. You clearly have a strong self-connection. How can you continue to deepen that?

Reflection & Next Steps

Cheers to you!

You did it. You took the time to sit with yourself, to reflect, to see yourself more clearly and that's no small thing.

This work isn't easy. In fact, it's hard and usually very uncomfortable. But like any meaningful relationship, it requires time, care, and intentional investment. Why would it be any different with yourself?

So take a moment to appreciate what you've just done.

No matter what today's insights brought up for you, this is a step forward. This work isn't about having all the answers, it's about being in conversation with yourself, over and over again. And that's exactly what you're doing.

Keep going. It's worth it.

Keep exploring

Join the Newsletter Community

Be the first to hear about future events and workshops, and receive a dose of selfhood exploration delivered straight to your inbox every other Sunday. Each email includes a lesson, three reflective questions, and a dare to inspire your next step.

SIGN UP

Come to Self-Dating

Looking for an experience that's part self-care, part self-discovery? Welcome to Self-Dating, the event where it's all about you. Think speed-dating—but instead of meeting others, you'll connect with different parts of yourself. Join the waitlist to hear about our upcoming events near you.

JOIN US

6-Week Coaching

Looking for deeper guidance and support? Apply for our SELFHOOD Mapping experience. Grounded in cognitive psychology, neuroscience, Identity theory and somatic embodiment, our 6-week program builds both self-awareness and lasting change.

APPLY

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Keep exploring

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