Your Identity

Make It Happen.

'A person's Identity is defined as the totality of one's self construal, in which how one construes oneself in the present expresses the continuity between how one construes oneself as one was in the past, and how one construes oneself as one aspires to be in the future!'
In other words, who you are is defined by how you see yourself in the past and present, and how you imagine yourself to be in the future.

Discussions and Exercise

Think about...

What's your story?
Who in your life has enabled you to become you?
Who do you identify as now?
How does your identity relate to who or what you wanted to be growing up?
What's the same or different between your personal life and your professional life?
What do you do everyday that you feel defines your identity in a positive way?

Exercise: Using any or all of the following methods, depict your identity at home and then at work with two contrasting and complementing pictures!

You could describe yourself in words, a drawing, a song, a memory, a favourite film, create a list, a mind map, a portrait...

care CONFIDENCE ASSETS project RESILIENCE ENGAGEMENT

COMMUNITY FUND

5 Ways to Wellbeing Reflection Tool

For each of the 5 ways circle the description that best describes how you feel

Make It Happen.

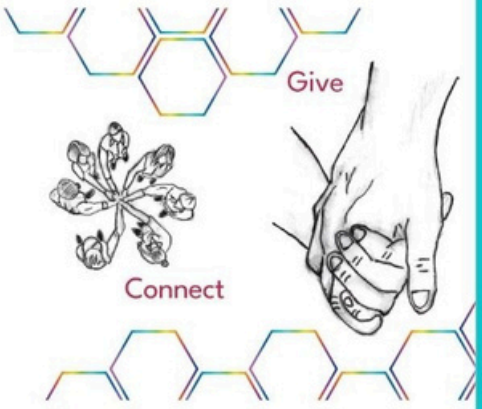
Name: .....

Date: .....

Role: .....



The Five Ways to Wellbeing



FEELING CONNECTED

1- I feel lost and lonely
2- Ive started to get help and making some friends
3- My relationship with people are starting to form
4- Im making contact and having regular communication with people
5- I feel so much closer to people in my life and im happier
6- I feel refreshed and able to connect wih others as I am well rested

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BEING ACTIVE

1- I do not exercise and am not actively improving my health
2- I'm trying to to challenge myself with more exercise in my daily routine
3- I am beginning to exercise every now and again
4- I exercise regularly and try to make healthy diet choices and feel better for it
5- I have a regular exercise routine and I am eating a healthy balanced

5 Ways to Wellbeing Reflection Tool

For each of the 5 ways circle the description that best describes how you feel

Make It Happen.

TAKE NOTICE

1- I tend to stay in my own 'bubble' and do not notice others
2- Im starting to notice other people in my life and changes in my routine
3- My awareness is developing
4- I notice changes in emotions and routine more often which is enabling me to connect with others better
5- I can consistently read situations and have a better understanding of those around me

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KEEP LEARNING

1-I do not read/read/watch/listen to anything new in order to educate my self, I feel bored
2- I began to pay more attention to new developments around me (i.e. news)
3- My broader knowledge is beginning to grow
4- I am starting to educate myself about a subject that I enjoy
5- I regularly research/deepen my knowledge on subjects I enjoy.

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GIVING

1- I dont do much for others
2- I am starting to leave my house and give time to others who are less fortunate than myself
3- The range of people I spend time and socialise with has expanded
4- I am actively giving my time to others and engage in these activities
5- Giving to others is now part of my regular lifestyle and has enabled me to increase in wellbeing