

**Independent Living Program Activity Card**

**Category: RELATIONSHIPS & COMMUNICATION**

**Activity: Who I am**

**Description:** **The objective of this assignment is:** To help you identify your core values and beliefs and what goals are important to you. You will also make a visual representation of who you are with an Identity Chart.

**To receive full credit for this assignment, you will need to:**

- Answer the questions and choose your core values.
- Complete your Identity Chart.
- Email the completed work along with this cover sheet to: Michelle Estrada - [mestrada@orangewoodfoundation.org](mailto:mestrada@orangewoodfoundation.org)

**You may earn up to \$20.00 ILP dollars for completing this assignment.**

Total Dollars Earned:

\$
(ILP Use Only)

Notes:

<p>Notes:</p>
---------------

**Goal:**

**None**

Date: \_\_\_\_\_

Youth Signature	Date of Birth
Print Name (Youth)	Group Home (If Applicable)

<b>Receipt</b>
(ILP Use Only)

## Identify Your Core Values and Create Your Identity Chart

---

**Identify Your Core Values** - Develop a list of attributes that you believe identify who you are, what your priorities are, and what is most important to you. The list can be as long as you need. *Some examples are provided below*

<ul style="list-style-type: none"> <li>• Quiet Time</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• Friendships</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<ul style="list-style-type: none"> <li>• Religion</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>
---	--	---

**Choose your Top 4 Values** – From the list above, choose the 4 that are the most important to you, and write them below. Put a star to the one that you feel is the most important of all.

1.	2.
3.	4.

**Identify Goals** - Spend some time thinking about your priorities in life and the goals you have for yourself. Make a list of your personal goals, perhaps in the short-term (up to three years) and the long-term (beyond three years).

- Short-term: \_\_\_\_\_  
\_\_\_\_\_
- Long-term: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Create your Identity Chart

Before beginning this activity, brainstorm a list of categories people use to help define themselves.

*These can be things like: gender, age, sexual orientation, hobbies as well as ties to an ethnic group, neighborhood, and nation.*

1.	5.
2.	6.
3.	7.
4.	8.

Using the categories above as a start, begin to fill in the boxes around your name with different things that you identify with in order to create your Identity Chart. You may also choose to use some of your values to include in the chart.

