

Chapter 1

When Life Changes, *Where Do I Fit?*

WORKSHEET

A gentle check-in to help you reflect on your changing roles, responsibilities and sense of self.



1 **Which life stage are you currently in?**

- ○ A. Student (school or college)
- ○ B. Starting or building a career
- ○ C. Newly married
- ○ D. Caring for young children
- ○ E. Managing multiple responsibilities (career, family, etc.)
- ○ F. Other _____



2 **How do you usually feel about the current changes in your life?**

- ○ A. Excited and hopeful
- ○ B. Mostly positive with some challenges
- ○ C. Overwhelmed at times
- ○ D. Confused or unsure
- ○ E. A mix of everything



3 **Which of the following best describes you?**

- ○ A. I enjoy trying new things and taking on responsibilities
- ○ B. I prefer a stable and predictable routine
- ○ C. I like a balance between new opportunities and stability
- ○ D. I often feel pulled in too many directions



4 **Which activities make you feel most like yourself?**

- ○ A. Learning and academics
- ○ B. Creative activities (writing, speaking, art, etc.)
- ○ C. Leadership and organising
- ○ D. Spending time with family and loved ones
- ○ E. Helping others and community service
- ○ F. Other _____



5 **How important is recognition and appreciation for you?**

- ○ A. Very important – it motivates me
- ○ B. Somewhat important
- ○ C. Nice to have, but not essential
- ○ D. Not very important



6 **What is currently the biggest challenge for you?**

- ○ A. Managing time between different responsibilities
- ○ B. Maintaining my own interests and identity
- ○ C. Meeting expectations of others
- ○ D. Dealing with changes and uncertainty
- ○ E. Finding the balance between personal and professional life



Different roles.
The same me.
And that's enough. ♡

7 **How do you usually cope when life feels overwhelming?**

- ○ A. I talk to family or close friends
- ○ B. I focus on one task at a time
- ○ C. I take a break and do something I enjoy
- ○ D. I write, journal or reflect on my feelings
- ○ E. I try to stay positive and remind myself of my strengths



8 **What would you like to feel more of in this phase of your life?**

- ○ A. Clarity about my purpose
- ○ B. Confidence in handling responsibilities
- ○ C. More time for myself
- ○ D. Greater sense of balance
- ○ E. Continued personal growth
- ○ F. Other _____

Clarity
Confidence
Time for me
Balance
Growth
All of the above
♡

A Little Reflection ♡

1. Which of your current roles brings you the most joy? Why?

2. Is there any part of your identity that you feel is getting less attention right now? What can you do (even in a small way) to keep that part alive?

3. One small step I can take this week to feel more like myself is:

Change is not a loss of who you are,
but an opportunity to discover more of yourself.
♡