

IDENTITY

Name:

Date:

This booklet is designed for anyone to do it on their own. However, if you do this with someone else, it can be a great activity to get to know each other on a deeper level.

Values

Below is a list of values. Go through and choose the values that represent you. In another two pages, there is space for you to write your own – it's easier to copy and paste each value. You will remind yourself more of the value if you type the whole word and meaning – reinforcing everything that you are.

Accountability: can be dependent on.

Accomplishment: achieving goals.

Authenticity: being your true self.

Achievement: settling goals and achieving them.

Adventure: new experiences.

Affection: showing love.

Beauty: captures your attention in the best way.

Belonging: an affinity for a place or situation.

Balance: being able to

Career: what one dedicates their time and energy to.

Consciousness: awareness.

Community: a group of people who have similar interests.

Compassion: recognising the suffering of others.

Connection: associations with that link things together.

Challenge: a call to prove or justify something.

Commitment: dedicating your time and energy to something.

Consistency: continually doing.

Communication: expressing your thoughts, ideas, and actions to others.

Creativity: something different from what it usually is.

Competitive: having the drive to challenge others to see who has more skill.

Dependability: being trustworthy and reliable.

Determination: the process of establishing something exactly by calculation or research.

Discipline: the practice of training people to obey rules or a code of behaviour.

Diversity: including or involving different people, objects, ideas, and actions.

Efficiency: getting things done in well-paced manner.

Empathy: feeling other people's emotions.

Enjoyment: the state or process of taking pleasure in something.

Enthusiasm: being excited.

Ethics: moral principles.

Equality: the state of being equal, especially in status.

Exploration: find and trying new experiences.

Fairness: impartial and just treatment or behaviour without favouritism.

Faith: having complete trust in someone or something.

Family: loving and being loved no matter what.

Fidelity: faithfulness to a person, cause, or belief.

Fitness: having a healthy mind, body, and spirit.

Focus: narrowing your attention into one place.

Freedom: zero attachment.

Fun: enjoyment, amusement, or light-hearted pleasure.

Generosity: giving with no expectation of anything in return.

Goals: things that you'd would like to achieve.

Goodness: the quality of being morally good.

Growth: the process of increasing in size.

Hard-work: a great deal of effort or endurance.

Health: in a good physical, cognitive, and emotional state.

Helping others: using your time and energy with an others centred approach.

Honesty: telling the truth.

Hope: a feeling of expectation and desire for a particular thing to happen.

Healing: the process of repair.

Honour: the quality of knowing and doing what is morally right.

Humility: the quality of having a modest or low view of one's importance.

Independence: the ability to do things on your own.

Ingenuity: clever, original, inventive.

Insight: have a deep understanding.

Intellect: reasoning and understanding objectively.

Intuition: that gut feeling.

Joy: a feeling of immense pleasure and happiness.

Justice: just behaviour or treatment.

Leadership: being the change that you want to see.

Love: a deep feeling of affection.

Loyalty: a strong feeling of support or allegiance.

Mastery: a comprehensive knowledge or skill in a particular area.

Money: centred around finances.

Nature: any natural occurring thing.

Openness: being open minded to different experiences.

Order: giving things a place and meaning.

Optimism: feeling like the best outcome will appear.

Opportunistic: exploiting immediate opportunities, especially regardless of planning or principle.

Purpose: helping others.

Preparation: be prepared for the worst case situation.

Prudence: being cautious.

Reliability: others can depend on you because you follow through to complete things that you say you will do.

Respect: a feeling of deep admiration for someone or something elicited by their abilities or achievements.

Resourcefulness: the ability to find quick and clever ways to overcome difficulties.

Resilience: bouncing back from hardship.

Satisfaction: doing something and being content with how you did it.

Security: the state of being free from danger or threat.

Self-actualisation: the realisation of fulfilment of one's talents and potentialities, especially considered as a drive or need present in everyone.

Selflessness: others centred.

Service: serving others.

Stability: the state of being stable.

Spontaneity: performed or occurred as a result of a

sudden impulse or inclination and without premeditation or external stimulus.

Strength: the capacity to withstand great force or pressure.

Teamwork: working with others together.

Thankfulness: being grateful for what you have.

Thoughtfulness: thinking of others.

Tolerance: the ability or willingness to tolerate the existence of opinions or behaviour that one dislikes or disagrees with.

Tradition: long established.

Trust: being honest with other people.

Understanding: being able to see things from other people's perspective.

Uniqueness: the quality of being particularly remarkable, special, or unusual.

Vision: think about or plan the future with imagination or wisdom.

Vitality: the state of being strong and active.

Values

When you add all of your values together, what do you see?

Characteristics

Go through this list of characteristics and give yourself a rating out of 10 for how you rate yourself. 10 being: I am extremely.... 1 being: I am extremely not... Explain why you gave yourself this rating for each characteristic.

Characteristic	Rating	Reason for rating
Wisdom & knowledge		
Creativity		
Curiosity		
Judgement		
Love of learning		
Perspective		
<hr/>		
Courage		
Bravery		
Perseverance		
Honesty		
Zest		
<hr/>		
Humanity		
Love		
Kindness		
Social intelligence		
<hr/>		

Justice		
Teamwork		
Fairness		
Leadership		
Temperance		
Forgiveness		
Humility		
Prudence		
Self-regulation		
Appreciation of beauty and excellence		
Gratitude		
Hope		
Humour		
Spirituality		

Treasures

Treasure	Specific example
Reflection: describe a difficult past event that you learnt something from?	When I ate too much chocolate, I felt sick.
Others-centred: when have you done something for another or others, with no expectation of anything in return?	Buying gifts for my sister. <i>Why do you do it?</i> It really lifts my sister's spirit up, and I always want her to be high.
Awareness: when have you been aware of your physical body. When have you been aware of what is happening inside of your body?	When I fall sick and have a body ache. When my tummy rumbles. <i>Why does it do that?</i> I realise digestion is happening.
Openness: when have you been open to thoughts and ideas that differ from your own?	At work when discussing treatments with other clinicians.
Resilience: When did you experience something really shitty, and you were able to steer through it? What helped you to get through it?	Breakup. Reminding myself to love yourself.
What gives you motivation? One example is:	Different motivations for different things. I am motivated to exercise because I know the consequences that follow if I don't.
When was the last time you listened to someone without the intention of reacting?	When I was texting my friend recently, and talking about things that don't relate to me and things I don't understand. I often have the urge come up with solution even if they are not asking a question. But I successfully didn't react.
Define respect: Write down one person who you respect: Why do you respect that person?	Someone living by example with good moral values. Jim, because of how he lives his life.
Communication: when have you benefited from communicating with another person? Keep it simple.	When I talk to friends about shit that's troubling me.
What's the last thing you found interesting from reading?	How Nikki Minaj spread information about the virus.

What's the last thing you wrote?	An email to my agent about the cockroaches in the walk in robe and kitchen.
On a scale of 1-10, how organised are you?	6 Because I leave things to the last minute, and then I get overwhelmed.
Selflessness: when did you think of others before yourself?	When I gave my friend my last piece of homemade cake. Donating money to a fundraising run.
Think of a time when being tidy is beneficial.	When kitchen is clean. Rachel is not irritated. When he is not irritated, I am happy.
What is one goal you have set for yourself, and you have achieved? It does not have to be a big goal or a milestone, just something that you have wanted to achieve, and you achieved it.	Drinking a glass of water when I wake up.
Sense of humour: think of a time when you made yourself and/or others laugh.	Working as a physio – retired couple who she was treating with a massage. Was trying to make small talk. “I’m making avocado cheesecake today.” They replied, “why are you using avocado instead of cream?” Answer: “because I hate the dairy industry and what they do to cows.” Followed by silence. Sudden realisation of I forgot to breathe before I responded. To break the silence, I asked questions from their younger days. What did you both do when you were younger? “dairy farmers.” Enter the shifty eyes. Whilst I was calculating the distance from me to the door, and that is when I realised that I hadn’t learnt my lesson.
When was the last time you enjoyed physical movement?	Stretching near the water.
Using as many senses as possible for one activity. Think of the last time you did just one thing at a time, using more than 1 of your senses to capture it. Think hearing, smelling, touching, taste, and see.	When I ate my breakfast, I focused my attention on the taste, texture, smell, what it looked like, and the sound it made when I chewed it.
When was the last time you focused on your breathing? Maybe you were in a stressful situation.	When I was talking to a friend, and I was getting agitated.
Think of a time that you shared a challenging time with another person.	Last day in Toowoomba. A lot of chaos, a lot of hoping I didn’t miss anything. Was nervous, agitated. Felt like I wasn’t present in my body and wasn’t myself. I often have uncomfortable situations when I am in this state and meet my loved ones.

Self-reliance: When you are in a situation and have no control over it, what helps you get through it?	Isolate. Continue the argument in my head, let it flow out in an empty space.
Are we humans having a spiritual experience, or spirits enjoying a human experience?	Whatever we are, I think we are spirits having a human experience.
How would you explain how the world works? Is there some kind of order in the chaos, or completely random?	Random events that led to an order.
What's your favourite thing about nature?	How colourful the world is!
What is your favourite thing about your home?	My bed.
What is one activity outside of work that you really enjoy doing.	Drawing.
Who are your favourite people in your life?	My family, 3 friends, and all of their dogs.

Now that you have read through the example, fill your own table on the next page. The more time you prioritise for this task, the deeper you will explore each of your own treasures.

Treasure Reflection: describe a difficult past event that you learnt something from?	Specific example
Others-centred: when have you done something for another or others, with no expectation of anything in return.	
Awareness: when have you been aware of your physical body?	
When have you been aware of what is happening inside of your body?	
Openness: when have you been open to thoughts and ideas that differ from your own?	
Resilience: When did you experience something really shitty, and you were able to steer through it?	
What helped you to get through it?	
What gives you motivation?	
One example is:	
When was the last time you listened to someone without the intention of reacting?	
Define respect: Write down one person who you respect. Why do you respect that person?	
Communication: when have you benefited from communicating with another person? Keep it simple.	
What's the last thing you found interesting from reading?	
What's the last thing you wrote?	
On a scale of 1-10, how organised are you?	
Selflessness: when did you think of others before yourself?	
Think of a time when being tidy is beneficial.	

What is one goal you have set for yourself, and you have achieved? It does not have to be a big goal or a milestone, just something that you have wanted to achieve, and you achieved it.	
Sense of humour: think of a time when you made yourself and/or others laugh.	
When was the last time you enjoyed physical movement?	
Using as many senses as possible for one activity. Think of the last time you did just one thing at a time, using more than 1 of your senses to capture it. Think hearing, smelling, touching, taste, and see.	
When was the last time you focused on your breathing? Maybe you were in a stressful situation.	
Think of a time that you shared a challenging time with another person.	
Self-reliance: When you are in a situation and have no control over it, what helps you get through it?	
Are we humans having a spiritual experience, or spirits enjoying a human experience?	
How would you explain how the world works? Is there some kind of order in the chaos, or completely random?	
What's your favourite thing about nature?	
What is your favourite thing about your home?	
What is one activity outside of work that you really enjoy doing.	
Who are your favourite people in your life?	

Treasure	How to gain/ improve it
Emotional Intelligence:	
Reflection	<p>Journal. Write things down, either in your phone or with a pen and paper. Write down a situation or emotion that you wish to reflect on. Write it down as if you would read it to someone else as a story.</p> <p>Embrace silence and think about a situation or emotion that you wish to reflect on. You may be surprised with how intentionally reflecting on things, one is able to learn so much.</p>
Being able to put my ego aside	<p>Reminding yourself that you are not the only person in the world, and that not everything has to be of benefit to you.</p> <p>Explore Buddhism.</p> <p>Explore Sigmund Freud's work on the id, ego, and superego.</p> <p>Explore Carl Jung's archetypes.</p>
Being aware (myself, surroundings, others)	<p>Embracing all feelings when they arise, especially the uncomfortable ones.</p> <p>Listening to others give feedback about my own behaviours, even if I don't like or agree with what they are saying.</p> <p>Spend time with yourself. Go to the movies alone. Travel alone. When you do things on your own, you become aware of yourself and your surroundings.</p>
Fairness - don't assume	<p>Assume = making an ASS out of U & ME.</p> <p>An assumption is just my own opinion based on what I know beforehand. Be aware when you do assume, and ask yourself, "did I make an ass out of U and me?"</p>
Open mindedness (ideas, people, feedback)	<p>Listen to differing opinions from others and try to understand why that is their opinion.</p> <p>Travelling and experiencing different cultures.</p> <p>Making friends across the world. Use social media or apps that you enjoy connecting with and find people all over the world who you can relate to in some way. They will gift insights into what the shared interest is like in their part of the world.</p> <p>Explore new things in life. Try a new hobby. Sign up for a course. Try something different when ordering from your favourite restaurant or movie streaming service. This will help you to relate to people that you may never have had if you never tried that new thing in life.</p>

Resilience	<p>Think about any obstacles that you have faced in life to date and work out how you managed to overcome them. That's resilience.</p> <p>When planning something, always prepare a different way to achieve it, in case the original plan doesn't work out for whatever reason.</p>
Motivation	Understand how dopamine works and use\ it to your advantage.
Listening to others	<p>If one never listens, one would be stuck with their own, very limited knowledge. There's so much wisdom to be soaked up, all you need to do is to listen to others.</p> <p>People love being listened to, and listening is vital for relationships to work. A one way communication disrupts relationships.</p>
Being humble	<p>Humility leads to humbleness.</p> <p>Humility is understanding that you don't need to always win. If a situation is present, in where one could benefit more if they were to win, you could allow that person to win, when you are in that winning position and not tell them what you did. That is how I see humbleness. It's a beautiful thing which presents itself in selflessness.</p>
Communication	<p>Communication is connecting and passing a message to someone else. This can be done with:</p> <ul style="list-style-type: none"> - In person conversation. - Invite someone over for a drink/ meal/ game. - Use social media to communicate with others. - Send messages to people in your life, even if they haven't replied to the last one (there's a number of reasons why they haven't replied, don't assume the worst case without actually knowing). Group chats are a great way to stay connected with a group of people. - Phone calls. - Video chat.
Conversing	<p>Conversing gives one the opportunity to get to know other people. We all experience this world in our own ways, when you ask other people about their opinion on a topic, through a question, you get a different point of view. To maintain relationships with people, conversing; either spoken, written, or passing on a message in some other form, are necessary.</p> <p>Join Facebook groups that interest you and ask different people questions. If they respond, then you have yourself a conversation, if not, respect that.</p> <p>When you are socialising with others, ask them questions which allow them to elaborate on either a certain topic, or one of their interests. You will most likely learn something new.</p>
Literacy skills:	

Articulation	<p>To have clear articulation means to speak clearly and in a manner which is easily understandable.</p> <p>Read. Read out loud.</p> <p>Practice speaking in front of the mirror or people.</p> <p>Listen to people speak with different accents and distinguish how it is different to your own.</p> <p>Practice tongue twisters. Google will entertain you with many different tongue twisters. With practice, the brain can change.</p>
Writing	<p>A few things to write about:</p> <ul style="list-style-type: none"> - A list of 5 things that you are grateful for, if you can read this, there's one thing to be grateful for. - Draft a short story about whatever you like.
Reading and know what information is right	<p>Hierarchy of evidence pyramid:</p> <ol style="list-style-type: none"> 1. Systematic reviews and meta-analysis of RCTs. 2. Randomised control trials. 3. Cohort studies. 4. Case-control studies. 5. Cross-sectional studies, surveys. 6. Case reports, case studies. 7. Mechanistic studies. 8. Editorials, expert opinion.
Organisation	<p>To stay organised means that one must put in the effort continually to set things up in place. Every time you make a decision, there are ways to act that decision out. The effortless way involves doing as little as possible (for example, eating something but not washing up your plate). This method delivers short term gratification – you get to enjoy the food without any extra work. This results in disorganisation (chaos), as the plate is left and needs to be cleaned at some point in the future.</p> <p>Taking the time to stay organised results in less stress for your brain which in turn leads to order within the chaos of what we call life.</p>
Personal Skills:	
Relationships	<p>Make the effort to keep communication with people who you want to. Understand that we all have different priorities in life and people come and go throughout life. Some people we have long relationships with, and others short. Respect that.</p>
Selflessness	<p>Selflessness is being others centred.</p>

Being neat, clean & tidy	<p>Before I acquired a brain injury, I could work in a messy environment. It was a little annoying, but more than doable. With my altered brain, mess can send me into an irritated mess, purely because my brain cannot process all of the visual information that is scattered everywhere. When there is mess, your brain needs to work harder to process it all.</p> <p>Taking the time each day to do tiny amounts of cleaning. This way, you won't be overwhelmed with a large amount of mess.</p> <p>Create a cleaning roster with designated jobs for the different people who share a certain area.</p>
Achieving goals	<ol style="list-style-type: none"> 1. Goals start off as dreams. Dream big. 2. Define that dream into a goal. 3. Create a plan to achieve that goal. 4. Take action.
Creativity	<p>A few cool ideas to add creativity into your life:</p> <ul style="list-style-type: none"> - Make a meal out of only what ingredients you have. For extra creativity, make an entrée, main, and dessert. - Draw a picture. Find something nice in nature and draw it. Colour it in with pencils, pens, or paint. Use blue tack to put it on the wall. - Take photos of anything. - Give yourself a 'no technology' afternoon. - Plant some plants in your own pattern. - Plant a plant into a pot, then draw a pattern on the pot. Write your favourite quote on the pot. Paint it a distinct colour. <p>Writing, drawing, cooking, photography, home décor, gardening.</p>
Motivation	<p>Think of motivation as dopamine, as it has a significant role to play with how motivated one is to do something. The more reward you get from doing something, the more motivated one is.</p> <p>Learn about dopamine. Andrew Huberman is a professor of neurobiology and ophthalmology at Stanford University in America. He has a podcast where he shares his wealth of knowledge, along with the evidence of where it came from and explores dopamine. Listening to it will give you a deep understanding of how motivation works.</p>

Sense of Humour	<ul style="list-style-type: none"> - Laugh at the silly things you do from time to time. - Read lots of jokes and try to understand why they are funny/ not funny. - Find people who have a good sense of humour and spend time with them. - Google it.
Coping skills:	
Exercise	<p>Exercise produces endorphins, which is a chemical released in the brain that acts as the body's natural defence to stress and discomfort. When it is released, it is as natural pain killer and mood enhancer. It releases stress and creates space for relaxation. A few other benefits include:</p> <ul style="list-style-type: none"> - It helps improve your immune system. - Kills cancerous cells. - Helps with aging.
Mindfulness	<p>To be mindful, means completely focusing on something, using your senses to embrace as much as possible, enjoying the moment.</p> <ul style="list-style-type: none"> - Sit or lay down and just focus on your breath coming in, and then going back out. - Go for a walk and listen very carefully to what you can hear. Take your time to see everything that you can. What can you smell and feel? - Make a cup of tea or something to eat and enjoy it in silence. Don't distract yourself in any other way – just use your senses to observe what you can in that moment. -
Breathing exercises	<p>We can live months without food, days without water, but only minutes without oxygen. Our breath is so powerful that it can change your autonomic nervous system, which is one of many systems that work within the body and operates from the brain. It has two subbranches: the sympathetic nervous system and the parasympathetic nervous system. Ken Okona-Mensah has authored a book which delivers the key concepts about human anatomy. In it, he describes how “the sympathetic nervous system gets you all fired up to face any threats and produces fast and speedy responses, to help get you out of tricky situations. In contrast, the parasympathetic nervous system takes its time and serves as your default mode, focusing on the more mundane, non-life-threatening side of life.”</p> <p>The way that we breath affects the autonomic nervous system. We all have the ability to calm down our own nervous systems by breathing deep into your diaphragm. Place one hand on your stomach and the other on your chest. Take a deep inhale and feel your stomach push out. Exhale, and it will deflate again. That's a full breath. When you do that continually, you increase blood flow within the arteries, which is carrying oxygen around your body. When you are in a stressed out state, breathing deep into your stomach (remember to use one hand on your chest and one hand on your stomach), and exhale repeatedly. This will increase blood flow within your body, which will calm the sympathetic nervous system's natural fight or flight response to stress.</p> <p>A great practice is to breathe in for 4 seconds, hold your breath for 4 seconds, and then exhale for 6 seconds. Repeat for 5 minutes. Continue to count in your head throughout the whole thing.</p>

Talking to others to get things off my chest	As you come across more bumps in the road, it's nice to share the tough times with others. Think of it as lessening the load. This is the power of communication.
Spiritual treasures:	
Philosophy	<p>Throughout our lives, we all develop our own philosophy about the big questions in life. Here are a few questions to ponder while thinking of your own philosophy:</p> <ol style="list-style-type: none"> 1. What happens before I am born and after I die? 2. What is the meaning of life? 3. What is my purpose in this life? 4. The most important things in my life are. . .
Meditation	<p>Meditation in its simplest form involves doing something for yourself.</p> <ul style="list-style-type: none"> - Journal - Embrace silence and boredom. It is in these moments where you will come up with the coolest ideas, and it is beneficial for your brain. - Follow a guided meditation. - Embark on a mindfulness meditation, where you simply sit or lay down in a comfortable position and relax. Bring your attention towards your breath as it comes down into your lungs, and then again as it gently exhales. Bathe in the peace of the present moment. -
A few lessons I've learnt from life so far.	<p>Think about the challenging times that you have faced in life so far. Bring to mind the lessons that you learnt from going through that experience.</p> <p>Here are a few examples:</p> <ul style="list-style-type: none"> - Don't rush the journey to where you are going. Sit back, relax, and enjoy the ride. - Nothing worth having comes easy. - Cause and effect: if you do a good action, something good will come back to you. - Don't stress over the unimportant things. -
Material Treasures:	
Photographs	<p>Photographs are all filled with beautiful memories, and chances are that if you are reading this, you have your own camera.</p> <p>Use it regularly but take the photos for yourself. If you take photos with the intention to share them with others, they may not like them, and it may not feel great. Take photos for yourself, no one else.</p> <p>On your phone, store photos in albums to organise your photos. You will always be able to find photos that you are looking for.</p>
Financial security	Making choices that result in financial security gives you the safety of not having to worry about whether or not there will be enough money for the necessities in life. It usually involves some type of education and will be worth what may seem like an impossible accomplishment.

Home

A home is a place where you feel safe and can enjoy your time. If you are lucky enough to have a home, be sure to include the things that matter the most to you in it. Use your home to express yourself, so that when others come into your home, their minds are blown with how calming your home is.

Feng shui is a way of living that involves creating an environment that feels right for you. Originating in China, it is believed to use energy forces to harmonise people with their environment. Move furniture around, check out garage sales for cheap furniture to use or decorate your home with. Buy a house plant or 7. Paint furniture that you can a different colour to mix things up. Simplify things. The less you have, the less upkeep is needed.

On the following page, fill out your own table with your own treasures.

Emotional Intelligence:

Reflection

Being able to put my ego aside

Being aware (myself, surroundings, others)

Fairness - don't assume

Open mindedness (ideas, people, feedback)

Resilience

Motivation

Listening to others

Being humble

Communication

Conversing

Literacy skills:

Articulation

Writing

Reading and know what information is right

Organisation

Personal Skills:

Relationships	
Selflessness	
Being neat, clean & tidy	
Achieving goals	
Creativity	
Motivation	
Sense of Humour	

Coping skills:

Exercise	
Mindfulness	
Breathing exercises	
Talking to others to get things off my chest	

Spiritual treasures:

Philosophy	
Meditation	
A few lessons I've learnt from life so far.	

Material Treasures:

Photographs	
Financial security	
Home	

Identity

Realise that throughout life, you have changed your identity many times, and your future is completely whatever you chose it to be. By going through the different identities that you have been, you still are, and what you'd like to be, you will understand that we are constantly changing identities. Our brains are constantly learning new things from our environments. If you want to become something that you're not, expose yourself to that environment. This can be done in your physical environment; whether it's a bedroom in your parent's home, a hospital room, or your own place. If you use social media, that is going to influence your brain, be careful with what you expose to your brain. The people in your life make an impact on who we are, be sure to have healthy relationships, by asking yourself is this relationship benefiting me and my brain?

By spending the time and discovering your own values and characteristics, you will have a firm foundation for who you truly are, underneath the labels like police officer, taxi driver, sister, footballer, student, to name a few. which we all know each other by in society.

Process: brainstorm the different identities that you have been throughout life, the identities that you currently are, and a list of identities that you would like to achieve later in life.

Past identities:

Current identities:

Future identities: