



TBH “WHO ARE YOU?” WORKSHEET

THE SCIENCE

Who are you? While we think we have a sense of who we are, we don't often take the time to question exactly what that means. What characteristics most fundamentally describe you? What values and goals do you hold most important? Are there things about you that have always been the same?

NOW DO IT!

Use the [TBH Personal Vision Map](#) worksheet to explore how you see yourself. Follow the directions and work section by section. Use the lists on the back for guidance.

Core Values Section. What enduring values do you hold dear, ones that have stood the test of time?

Write the 3 or 4 core values that best define you in this section.

Past History Section. How might you define yourself in the past? Add a few words or sentences to describe your past self.

Present History Section. How do you see yourself now? Add a few words or sentences to describe yourself now.

Future History Section. How do you see yourself going forward? Add a few words or sentences to describe who you want to be in the future.

Global Vision Section. What vision do you have for the future for yourself, for your family or friends, community, or even for the world. Add a few words or sentences to describe those dreams.

TBH TAKEAWAY

The answer to the question “who are you?” isn't an easy one. This exploration of how we define ourselves is a thoughtful and inspiring way to gain better self-understanding.

Join our next Total Brain Health class and learn more about the many ways we can build better brain fitness, together!