Identity Analysis: Who am I?

My Identity	Present, Past, or Future?	Future: Unrealistic?	True or Not True?	Positive or Negative?	Category*

* spiritual, intellectual, emotional, social, physical, character qualities, career, material possessions

Koch, K.A. (2020). *Five To Thrive: How to Determine if Your Core Needs Are Being Met (and What to Do When They're Not)*. Chicago, IL: Moody Publishers. (Relevant to chapter 4: Identity: Who Am I?)

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