

## I am someone who ....

### Instructions

1. Review the below statements\* and identify which you feel describes you.
  - a. Select up to 4 and provide an example of when you have demonstrated this.
  
2. Ask a friend/family member to review the statements\* and identify which they feel describe you.
  - a. Accept their answers, even if you disagree with their selections.
  - b. Ask them to select up to 4 and provide an example of when you have demonstrated this.
  
3. Ask a professional such as a colleague or manager to review the statements\* and identify which they feel describe you.
  - a. Accept their answers, even if you disagree with their selections.
  - b. Ask them to select up to 4 and provide an example of when you have demonstrated this.
  
4. On your own, explore why you agree/disagree with their selection.
  
5. Select up to 4 statements that are
  - clearly visible in your actions
  - that others have mentioned/noted
  - are natural
  - are frequently part of your life.
  - a. Provide an example of when you have demonstrated these 4 statements.

\*If you or others feel that a statement is missing, there is room to add this at the bottom of the table

**Source:** Reekers, M. (2017). Professionele identiteit. Omdat je toekomst op het spel staat! Rotterdam: Hogeschool Rotterdam Uitgeverij



## I am someone who ....

#	Statements I am someone who:	Other (personal)	Other (work)	My view
1.	always reaches the top.			
2.	gets recognition and respect from others for the things I do.			
3.	can find a solution & give insights, regardless of what others say or think.			
4.	searches for the challenge in everything.			
5.	hands in high quality work. I think I can – and should -- always do better.			
6.	perseveres until the result is achieved.			
7.	can't sit still. I am always busy doing things that are important to me, even during the weekend or on vacation.			
8.	is artistic.			
9.	uses theories while doing things.			
10.	is very practical.			
11.	is commercial.			
12.	helps, takes care of or guides others.			
13.	listens to others.			
14.	comes into contact with others, also strangers.			
15.	can get other people to listen to me.			
16.	can formulate things well verbally.			
17.	can formulate things well on paper.			
18.	instructs others.			
19.	leads others.			
20.	convinces others.			
21.	negotiates.			
22.	is technical.			
23.	designs or shapes things.			
24.	analyses.			
25.	is creative.			
26.	takes the initiative.			
27.	is flexible.			
28.	enjoys taking on new challenges			
29.	can handle stress.			
30.	is a team player.			
31.	is independent.			
32.	is politically aware.			
33.	is eager to learn.			
34.	is orderly.			
35.	is meticulous.			
36.	can concentrate on my work, even when surrounded by noise.			
37.	has spatial awareness.			
38.	calculates things.			
39.	understands numbers.			
40.	has a feeling for the material.			
41.	remembers things.			
42.	can understand how other people think in situations.			
43.	knows how to solve problems.			
44.	can switch from one task to another without it detracting from the results or my enjoyment of my work.			
45.	organizes and runs things.			
46.	is contemplative, looks at things philosophically.			

## I am someone who ....


<p><b>Activity summary</b></p> <p>My top 4 with examples</p>
<p>Family/friend's top 4 with examples</p>
<p>Professional's top 4 with examples</p>
<p>Up to 4 statements that are clearly visible to me, others, are natural and frequently part of my life. Examples for each.</p>