



# Life Skills Mastery: Your Path to Independence



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## **Module 2 — The Identity Foundation**



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# Lesson 1: The Journey Begins — Your Self-Discovery Roadmap

Who am I, really?



# What We'll Cover Today

1 Foundations of your identity

2 Why self-discovery matters

3 Activity: Your personal "roadmap"



# What is Identity?

- Identity = the combination of values, strengths, experiences, and dreams.
- It's not fixed — it evolves as we grow.

**Example:** Who you thought you were at 10 vs. who you think you are today.

*Identity isn't about labels, it's about understanding yourself.*



# Past → Present → Future

## Past:

What experiences shaped you?



**Future:** Who are you becoming?

**Present:** What do you believe and value today?



*“We’re all time travellers — constantly carrying our past, living in the present, and imagining a future.”*

# Ask Yourself

*“If someone asked who you are today, what would you tell them in one short sentence?”*

*Example: “I’m learning to take care of myself.” or “I’m getting stronger every day.”*



# Activity: Draw Your Roadmap

- Worksheet with 3 sections: Past, Present, Future.
  - Past: Key memories/lessons.
  - Present: Words that describe me today.
  - Future: My hopes.

*If writing is hard, use stickers, colors, or pictures to show your story. You can ask for help writing the words.*



# Try This!

Write three words that describe you today — like caring, funny, or patient.

Ask someone close to you if they agree. Or how would they describe you.

*“It’s like a selfie, but in words — and no filters required.”*



# Key Takeaways

1

Your identity is not fixed — it grows with you.

2

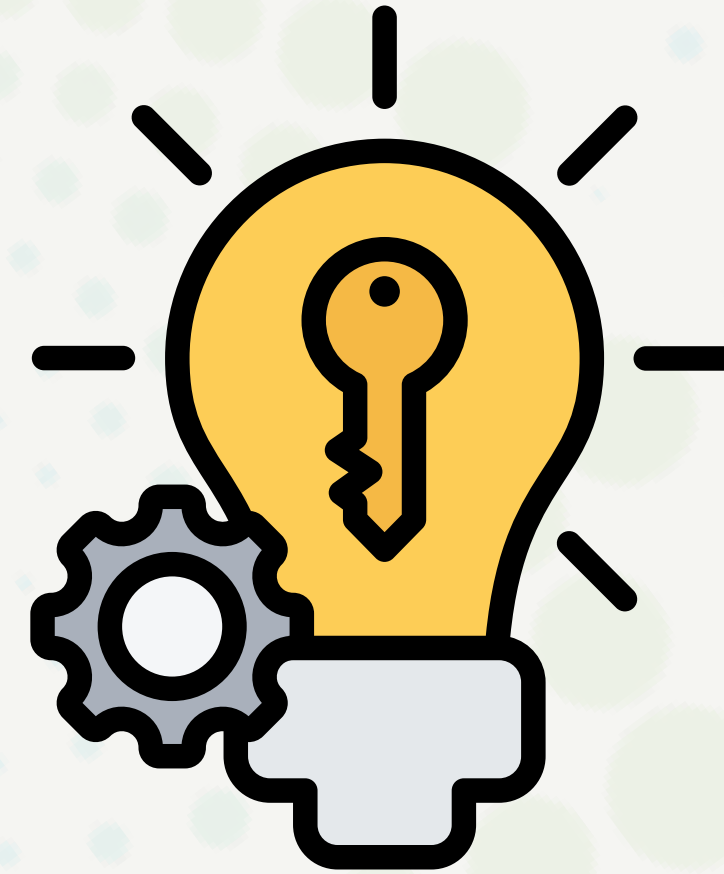
Your past shaped you, but it doesn't decide your future.

3

You get to define who you are becoming.

4

You don't need perfect clarity — you just need honesty.



# Up Next

Now that we've mapped the road, let's find your compass — your values and interests.

**Lesson 2: Personal Compass —  
Mapping Your Values & Interests**

