



THE WHO AM I?

QUEST™



Collect clues about the amazing person you already are. ♡

1 IF YOU WERE A MOVIE...

Which movie title best describes your life right now?



- Comedy
- Adventure
- Superhero
- Musical
- Fantasy
- Mystery
- Romance
- Survival Story
- Other: _____



WHY?

2 WHAT'S YOUR THEME SONG?

If someone followed you around all week, what song would be playing?

- Happy
- Peaceful
- Intense
- Thoughtful
- Powerful
- Wild
- Hopeful
- Other: _____



WHAT DOES THAT SONG TELL YOU ABOUT YOURSELF?

_____ ♡

3 IF YOUR EMOTIONS WERE WEATHER...



Sunny



Mostly Sunny



Cloudy



Rainy



Thunderstorm



Rainbow after the storm



Changes every five minutes



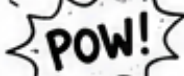
WHAT HELPS YOUR WEATHER CHANGE?

4 PICK A SUPERPOWER

Which one would you choose?

- Understand everyone
- Incredible courage ⚡
- Solve any problem 🧩
- Make anyone laugh 😂
- Bring people together
- Inspire others
- Help people believe in themselves ♡
- Other: _____

WHY THAT ONE?



5 IF YOUR HEART HAD A ROOM...

Walk inside. What's there?

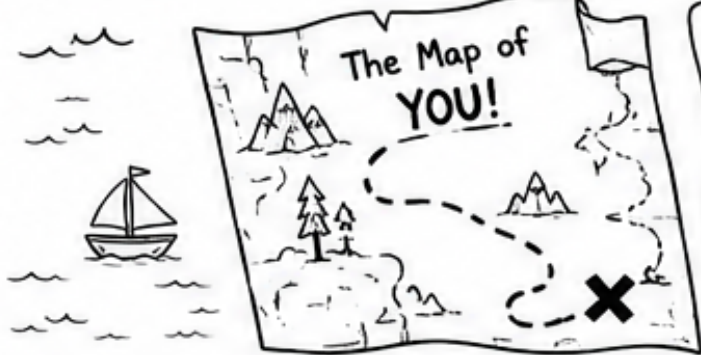


- Books
- Music
- Paint / Art
- Basketballs
- Plants
- Cozy chairs
- Puppies
- A beach
- Other: _____

WHAT'S MISSING?



THERE ARE NO WRONG ANSWERS. ONLY DISCOVERIES. ♡



6 YOUR SUPERHERO NAME

Every superhero has one.
What's yours?

I AM... 

BECAUSE... _____ 

6 YOUR SUPERHERO NAME

Every superhero has one.
What's yours?

I AM... 



- Chocolate
- Strawberry
- Vanilla
- Cookies & Cream
- Other: _____
- Lemon
- Rainbow Sherbet

TELL ME WHY!


_____ 

8 WHAT'S IN YOUR BACKPACK?

Imagine opening it.
What's inside?



- Confidence
- Humor
- Kindness
- Curiosity
- Creativity
- Friendship
- Adventure
- Other: _____


WHAT WOULD YOU LIKE TO ADD? _____ 

9 IF YOU COULD LEAVE ONE GIFT...

Years from now, people remember you. What do you hope they say?



- They made people feel loved.
- They made people laugh.
- They never gave up.
- They made the world better.
- They inspired creativity.
- They helped people believe in themselves.
- Other: _____


I HOPE BECAUSE... _____ 

10 THE MIRROR

Look in a mirror. Smile.
Then answer...



WHAT'S ONE THING ABOUT YOU... THAT YOU GENUINELY LIKE?

_____ 

BONUS QUEST


ASK THREE PEOPLE

Ask three people:
"What is one thing you think makes me... me?"



1. _____

2. _____

3. _____ 



THE WHISPER IS...

You weren't trying to discover your personality.
You were discovering...



your patterns



your values



your hopes



your strengths

and the things that make you wonderfully...

YOU.

