

Who Am I After Divorce?

Overview

Divorce can leave you feeling unmoored, as though the person you were before is gone and the person you are now is unfamiliar. This worksheet is designed to help you explore your identity, values, strengths, and aspirations in this new chapter of life.

Through reflection, prompts, and exercises, you'll begin to:

- Reconnect with your authentic self
- Recognize your personal strengths and values
- Identify what brings you joy and fulfillment
- Set intentions for your life moving forward

This is not about rushing to "find yourself" overnight—it's about curiosity, compassion, and self-discovery.

Who Am I?

1. Reflecting on the Past

- How would you describe yourself **before your marriage**?
- How did your identity shift during your marriage?
- What did you enjoy doing that you may have set aside during your marriage?
- Write down three qualities you are proud of from your life before or during marriage:

2. Understanding the Present

- How would you describe yourself **right now**, in your own words?
- What are three personal strengths that you've discovered or leaned on since your divorce?
- What activities, habits, or relationships bring you joy today?

3. Identifying Your Values

- List your top five values that are most important to you in this new phase of life:
- How do these values influence the choices you want to make moving forward?

4. Letting Go

- What aspects of your old life or self are you ready to release?
- Are there negative self-beliefs or stories you've been carrying that you want to rewrite?

5. Envisioning the Future

- If there were no limits, what would your ideal life look like in the next 1–3 years?
- What are three goals you want to focus on for yourself (career, relationships, personal growth, or wellness)?
- What small steps can you take this week to move toward these goals?

6. Affirmations

- Write 3–5 affirmations that resonate with your new identity and future vision:

Optional Creative Exercise

- Draw, collage, or describe a symbolic representation of who you are now.
- Include colors, images, or words that capture your essence.

This worksheet is meant to be revisited periodically—you may find that your answers evolve as you continue to grow and redefine yourself post-divorce.