

Identity

The definition of identity is who you are, the way you think about yourself, the way you are viewed by the world and the characteristics that define you. It is the condition of being a certain person and the set of characteristics by which a person is definitively recognizable or known. We gain our personality traits due to what we experience or what situation we're in.



We would all benefit from being more aware of our characteristics and personality traits. That's because they are significant predictors of our behaviors and attitudes. Without a clear idea of one's own preferences, making the right choice can be extremely difficult and confusing. Everyone's personality is unique, and knowing what makes us can lead to more life satisfaction, better life choices, and overall success in both personal and professional spheres.

Exercise

Think of some characteristics (positive or negative) that define your identity. What are some of the things you can / cannot (or will / won't be able to) achieve because of them?

Start your paragraph like this:

Being is one of the basic traits of my identity which I consider a positive one.

Because of this I believe that I can

On the other hand, one of my weak points is that

Because of this I think