

REAL YOU VS AVATAR YOU:

ARE THEY DIFFERENT?

AVATAR IDENTITY WORKBOOK

DISCOVER. REFLECT. UNDERSTAND.
BE YOU, IN EVERY WORLD.



VS

*A Fun
Self-Discovery
Assessment*



COMPARE REAL YOU
AND AVATAR YOU



UNDERSTAND YOUR
DIFFERENCES



10 QUESTIONS.
REVEAL YOUR TRUTH.



REFLECT. GROW.
EMBRACE WHO YOU ARE.






www.MetaverseInspired.com

WELCOME TO THE

AVATAR IDENTITY

WORKBOOK

Have you ever looked at your avatar and wondered:

-  "Why did I choose this character?"
-  "Why do I feel connected to this avatar?"
-  "Does my avatar represent who I am...
or who I want to become?"

The truth is that avatars often **reveal** more about us than we realize.

Sometimes they reflect our **personality**.
Sometimes they reveal our **dreams**.

Sometimes they help us express parts of ourselves that don't always appear in everyday life.

This workbook is designed to help you **explore** the connection between:

-  Your real-world self
-  Your virtual self
-  Your digital identity
-  Your future self

 There are no right or wrong answers.
Just honest reflection.

By the end of this workbook, you may discover something **surprising** about yourself.

REAL YOU AVATAR YOU

TWO SIDES OF THE SAME STORY.

Let's explore both. 

MEET YOUR AVATAR

GET TO KNOW THE YOU YOU BRING INTO VIRTUAL WORLDS.

Before we compare, let's take a moment to celebrate your avatar and everything that makes them uniquely yours.

1 What's your avatar's name?



2 How long have you used this avatar?



3 Why did you choose this appearance?



4 What is your favorite thing about your avatar?



5 What would you change about your avatar (if anything)?



THINK ABOUT IT

Your avatar isn't just a character. They might be:



A reflection of who you are right now.



A version of who you want to become.



A creative expression of your imagination.



A safe place to explore new sides of yourself.



IN THE METAVERSE,
YOU CAN BE ANYTHING—
BUT IT ALL STARTS
WITH BEING YOU.



Pro Tip

There's no such thing as the "perfect" avatar. Your avatar can evolve and grow with you as you do.



You can always come back and update your answers as you discover more about yourself.

AVATAR PERSONALITY TRAITS

WHAT MAKES YOU, YOU?

Our avatars are more than just how we look—they have personalities too! Let's explore the traits that show up in both your real life and your virtual life.



CHECK ALL THE TRAITS THAT DESCRIBE YOU.



BE HONEST. THERE ARE NO RIGHT OR WRONG ANSWERS!



WHICH TRAITS DESCRIBE THE REAL YOU?

Think about how you are in your everyday, real-life experiences.

- | | |
|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Confident | <input type="checkbox"/> Empathetic |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Curious |
| <input type="checkbox"/> Friendly | <input type="checkbox"/> Patient |
| <input type="checkbox"/> Adventurous | <input type="checkbox"/> Determined |
| <input type="checkbox"/> Mysterious | <input type="checkbox"/> Open-minded |
| <input type="checkbox"/> Funny | <input type="checkbox"/> Outgoing |
| <input type="checkbox"/> Stylish | <input type="checkbox"/> Calm |
| <input type="checkbox"/> Competitive | <input type="checkbox"/> Independent |
| <input type="checkbox"/> Helpful | <input type="checkbox"/> Ambitious |
| <input type="checkbox"/> Leader | <input type="checkbox"/> Other: _____ |

Any other traits that describe the real you?



WHICH TRAITS DESCRIBE YOUR AVATAR?

Think about how your avatar behaves and expresses itself in virtual worlds.

- | | |
|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Confident | <input type="checkbox"/> Empathetic |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Curious |
| <input type="checkbox"/> Friendly | <input type="checkbox"/> Patient |
| <input type="checkbox"/> Adventurous | <input type="checkbox"/> Determined |
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| <input type="checkbox"/> Helpful | <input type="checkbox"/> Ambitious |
| <input type="checkbox"/> Leader | <input type="checkbox"/> Other: _____ |

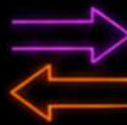
Any other traits that describe your avatar?

WHAT DO YOU NOTICE? ✨

Are there traits you have in real life that don't show up in your avatar?
Are there traits your avatar has that you wish you had in real life?



REAL YOU



AVATAR YOU

That's okay! Your avatar can be a reflection, an extension, or an aspiration of who you are.

Every version of you is valid.

REAL YOU VS AVATAR YOU

ASSESSMENT

PART 1: QUESTIONS 1-5

For each question, choose the answer that sounds most like you.

A = Real Me (1 point)

B = Avatar Me (3 points)



| | | A | B | YOUR ANSWER |
|--------------|---|--|---|-------------|
| 1 | You're attending a virtual event. What are you most likely to do? | A Stay with people I already know. <i>(1 pt)</i> | B Walk up and introduce myself to strangers. <i>(3 pts)</i> | _____ |
| 2 | A karaoke stage appears. | A No way. I'm staying in the audience. <i>(1 pt)</i> | B Give me the microphone. <i>(3 pts)</i> | _____ |
| 3 | Someone compliments your avatar. | A I get a little embarrassed. <i>(1 pt)</i> | B I love the attention. <i>(3 pts)</i> | _____ |
| 4 | A large crowd gathers around a discussion. | A I'll listen quietly. <i>(1 pt)</i> | B I'll jump into the conversation. <i>(3 pts)</i> | _____ |
| 5 | How would you describe your avatar? | A Pretty similar to who I am. <i>(1 pt)</i> | B More confident than I am. <i>(3 pts)</i> | _____ |



THERE'S NO RIGHT OR WRONG ANSWER.

Just be honest with yourself.



Your avatar is a reflection, an expression, or an exploration—and that's what makes it powerful.



REAL YOU VS AVATAR YOU

ASSESSMENT

PART 2: QUESTIONS 6-10

Choose the answer that sounds most like you.

A = Real Me (1 point)

B = Avatar Me (3 points)



| | | | | YOUR ANSWER |
|---------------|--|---|---|-------------|
| 6 | Which world do you feel more comfortable expressing yourself in? | A Real life. (1 pt) | B Virtual worlds. (3 pts) | _____ |
| 7 | You try something new and outside of your comfort zone. | A It takes me a while to work up the courage. (1 pt) | B I dive right in and see what happens! (3 pts) | _____ |
| 8 | How do you feel about the way your avatar looks right now? | A It's nice, but I'd rather look different. (1 pt) | B I love it! It feels perfect (or close to it). (3 pts) | _____ |
| 9 | Where do you feel most free to be yourself? | A In real life with people I trust. (1 pt) | B In virtual worlds as my avatar. (3 pts) | _____ |
| 10 | What best describes your goals for the future? | A I want stability, security, and happiness. (1 pt) | B I want growth, adventure, and to make an impact. (3 pts) | _____ |



CALCULATE YOUR SCORE

- Add up your points from Questions 1-10.
- Write your total score in the box.

MY TOTAL SCORE:



WHAT'S NEXT?

Turn the page to discover what your score means and what it reveals about your identity.



QUICK REFLECTION

Before you see your results, write down: What was the hardest or easiest question for you? Why?



YOUR RESULTS

WHAT DOES YOUR SCORE MEAN?

Your score shows the relationship between your real self and your avatar self. There's no "right" result—only insight. Use your result as a starting point for self-discovery, growth, and deeper understanding.

FIND YOUR RESULT ✨

Add up your points from Questions 1–10 on Pages 5–6.

A = Real Me (1 point) B = Avatar Me (3 points)



10 – 14 POINTS



MIRROR MODE

Your avatar closely reflects your real self.

You're authentic both online and offline. You value consistency and stay true to who you are in any world.

Keep being you!



15 – 20 POINTS



ENHANCED YOU

Your avatar is an amplified version of you.

You bring out your best qualities and step into more confidence, creativity, or boldness online.

Own your power!



21 – 26 POINTS



FUTURE YOU

Your avatar represents who you aspire to become.

You're exploring your potential and shaping the person you want to be in the future.

Keep evolving!



27 – 30 POINTS



ALTERNATE REALITY YOU

Your avatar is very different from your real self.

You enjoy exploring new identities and the freedom to be someone (or something) different online.

Explore boldly!



30+ POINTS



VISIONARY

Your avatar represents your highest vision of yourself.

You're a dreamer, a creator, and a visionary who sees limitless possibilities in virtual worlds.

The future is yours!




REFLECTION JOURNAL

Take a few minutes to reflect on your results.

1 What surprised you most about your result?

2 What does your avatar allow you to express or experience?

3 How can you use what you learned about your identity to grow, both online and in real life?

Every insight is a step toward becoming your most authentic, empowered self.



YOUR IDENTITY IS YOUR SUPERPOWER.

Keep exploring. Keep evolving. Keep inspiring.

For more tips, resources, and inspiration on avatars, identity, and the metaverse, visit:

www.MetaverseInspired.com

