



*Noticing what matters in this season of your life*

## Noticing the roles you carry and how they feel

## What roles or identities do I currently hold in my life?

A 5x25 grid of dots, consisting of 5 rows and 25 columns of small, dark gray circular dots. The dots are arranged in a regular, repeating pattern across the entire grid.

Which of these roles feel natural or true to me right now?

A 5x25 grid of dots, consisting of 5 rows and 25 columns of small, dark gray dots. The dots are evenly spaced and form a rectangular pattern.

## Which roles feel heavy, distant, or no longer fully mine?

A 5x25 grid of dots. The dots are arranged in 5 rows and 25 columns, forming a rectangular pattern. The dots are small, dark gray circles. The grid is composed of 125 dots in total.

**REFLECTION:** What I notice about myself as I see these roles written out:

*You are more than any role you hold, and noticing them can be its own form of clarity.*



# Identity & Roles Reflection

*Noticing what matters in this season of your life*

## Noticing what feels most like you beneath the roles

When I'm not thinking about my roles, how do I experience myself?

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What qualities or ways of being feel most familiar or steady within me?

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What parts of me tend to stay present across different situations or seasons?

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**REFLECTION:** What I notice about who I am when I'm not trying to be anything in particular:

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*Identity doesn't have to be defined to be felt.*