



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 5x5 grid of 25 small black dots arranged in a square pattern, with one dot missing from the bottom-right corner.

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

A rectangular grid of 100 gray dots arranged in 5 rows and 20 columns. The dots are evenly spaced and form a continuous pattern across the entire area.

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

A 5x20 grid of small black dots on a white background. The dots are arranged in five horizontal rows and twenty vertical columns, creating a pattern of 100 dots in total.

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

A 5x20 grid of small gray dots, arranged in five rows and twenty columns, forming a rectangular pattern.

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



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?

A 5x5 grid of 25 small black dots arranged in a square pattern, with one dot missing from the bottom right corner.

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

A 5x20 grid of small black dots on a white background. The dots are arranged in five horizontal rows and twenty vertical columns, creating a pattern of 100 dots in total.

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

A 5x20 grid of small black dots, arranged in five rows and twenty columns, forming a rectangular pattern.

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

A rectangular grid of 100 small black dots arranged in 5 rows and 20 columns. The dots are evenly spaced and form a continuous pattern across the entire area.

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