

Your Identity

Workbook

A guided workbook for reflection,
awareness, and intentional growth.

SELF-GROWTH JOURNEY

Your Identity

Sometimes, it's easy to move through life without fully noticing the roles, patterns, and experiences that quietly shape how you see yourself.

Identity is rarely just one thing.

It shifts across relationships, responsibilities, environments, memories, and different seasons of life.

Some parts of who you are may feel clear and familiar. Others may still feel uncertain, evolving, or difficult to put into words.

This workbook is an invitation to slow down and gently explore the different parts of yourself with more awareness and honesty.

Not who you think you should be.
Not who others expect you to become.
But the version of yourself that feels most true beneath the noise, pressure, and constant movement of daily life.

As you move through these pages, you may begin to notice patterns in how you think, respond, connect, and move through the world.

Some reflections may feel comfortable.
Others may ask you to pause a little longer.
That's completely okay.

Sometimes understanding begins simply by paying closer attention.

Take what resonates.
Leave space for uncertainty.
Return to anything that feels important.

This is not about creating a fixed identity.
It's about becoming more aware of who you are right now.



Exploring Your Life Roles

Take a moment to reflect on the different areas of your life.

You might naturally think about:

- Family and extended family
- Work or business
- Friends and community
- Hobbies or personal interests

Within each area, notice the roles you tend to step into.

For example:

- Father, mother, husband, son, brother
- Accountant, painter, CEO, writer
- Runner, volunteer

As you look at these roles, some may feel more meaningful or central than others.

Pause with those and reflect on:

- *Why does this role matter to me?*
- *How do I feel when I'm living into it?*

Rather than trying to define yourself perfectly, simply notice what feels most true, meaningful, or consistently present in your life.



Your Identity

Choose a few roles that feel most meaningful to you, and explore them a little deeper.

	Role	Why does this role matter to you? How do you feel when you're living into it?
1		
2		
3		
4		
5		



Choose a few roles that feel most meaningful to you, and explore them a little deeper.

	Role	Why does this role matter to you? How do you feel when you're living into it?
6		
7		
8		
9		
10		



Reflection

Step back and look at what you've explored so far.

Some parts may feel familiar and easy to recognize. Others may feel less clear, more layered, or still evolving.

Identity is not fixed. It shifts through experience, reflection, relationships, and different seasons of life.

As you sit with what you've written, notice what begins to stand out.

What are you starting to understand or notice about yourself?

A large area of dotted lines for writing.

Continue Your Journey

Thank you for taking the time to reflect on the different parts of who you are.

Identity is not something static or perfectly finished.

It continues to shift through experience, relationships, challenges, growth, and the many roles we move through over time.

Some of what you explored in these pages may feel deeply familiar. Other parts may feel quieter, newer, or still unfolding.

Small moments of reflection can begin to deepen the way you understand yourself and relate to the world around you.

If something in these pages resonated with you, you may want to continue exploring the broader Self-Growth Journey Blueprint, along with additional guided workbooks and reflective resources available through SGJ.

Take what feels helpful.
Leave what doesn't.
Return whenever you need to.

Explore the Full Blueprint:

sgjourney.life/blueprint

Additional printable tools, planning pages, and guided growth resources are available online.

selfgrowthjourney.life