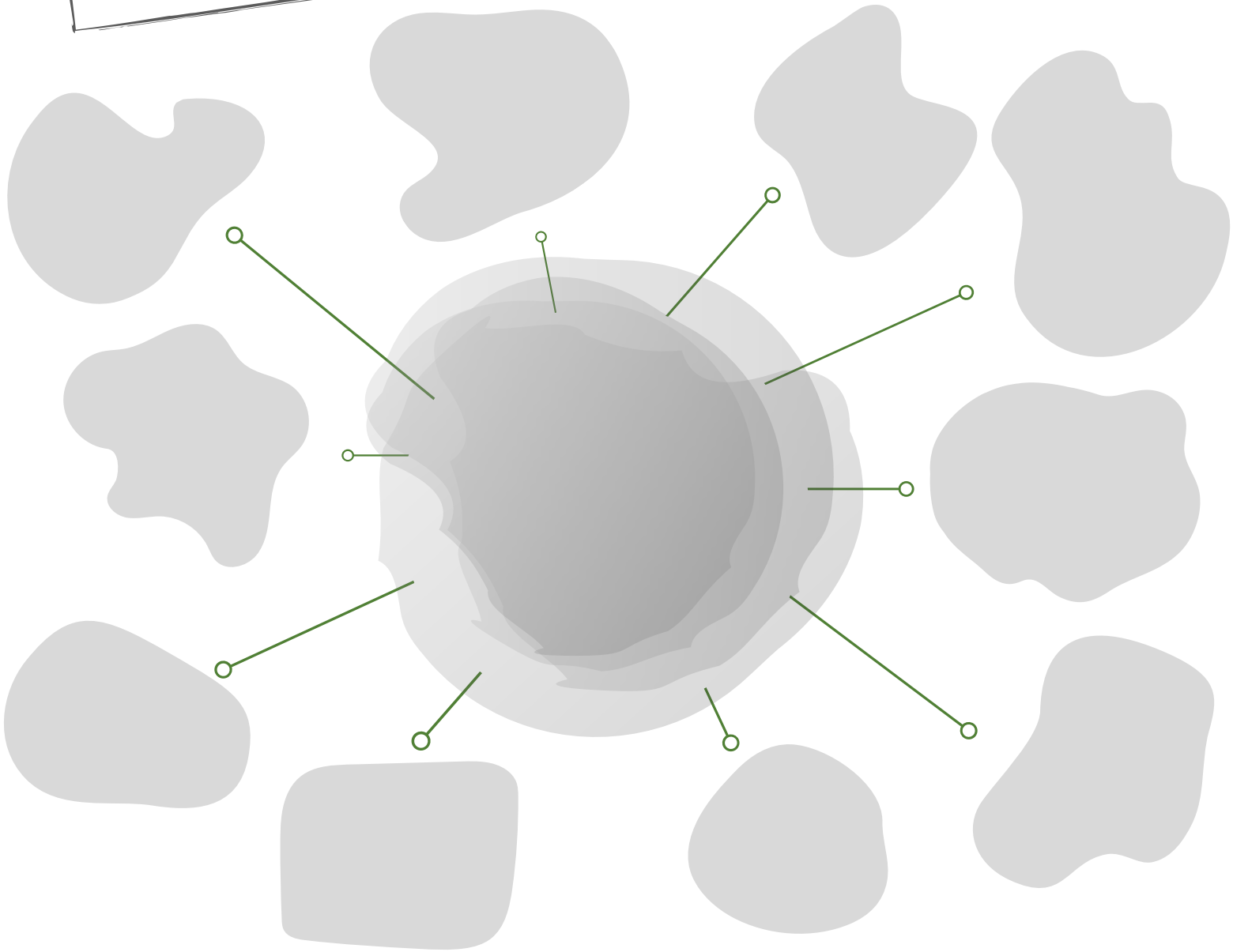




# identity building

because you  
are not your  
job



## how to use this map

- The center graphic represents you and all the pieces of yourself. In this space, you can write your attributes and all the wonderful things you bring to your community and the world. If you want to explore your areas of growth, you can include those here as well. The important thing is that you only write ways to describe yourself--the identities you carry are reserved for the outer shapes. Some words to get you started: kind, compassionate, careful, thoughtful, emotional, rough, cautious, etc.
- The shapes surrounding the center graphic are reserved for writing your identities. These might include things like daughter, partner, parent, rock climber, musician, chef, leader, reptile enthusiast, etc.
- When you're done, think of what identities you put the most weight in, and then think about what other identities might need attention. You can write about it in your journal and even discuss your thoughts with close friends and family. Also, ask yourself: how does this align with my priorities and life satisfaction? How might this all be connected?