

What makes our identity?

Our identity is who you are. It's how we interact with & perceive the world around us. It impacts how we experience our environment i.e. our felt sense of our own reality.

Given Components of Identity

These are fixed traits | the unchangeable foundation:

- Body (race, sexuality, height, genetics)
- Nationality & culture of origin
- Birth order & family structure
- Part of our history forever

What We Choose

These shift direction throughout life:

- Core beliefs & values
- Hobbies & interests
- Self-image & how we see ourselves
- Most fluid layer | changes with experience

Core Personality (How We Interact)

The innate quality of how we move:

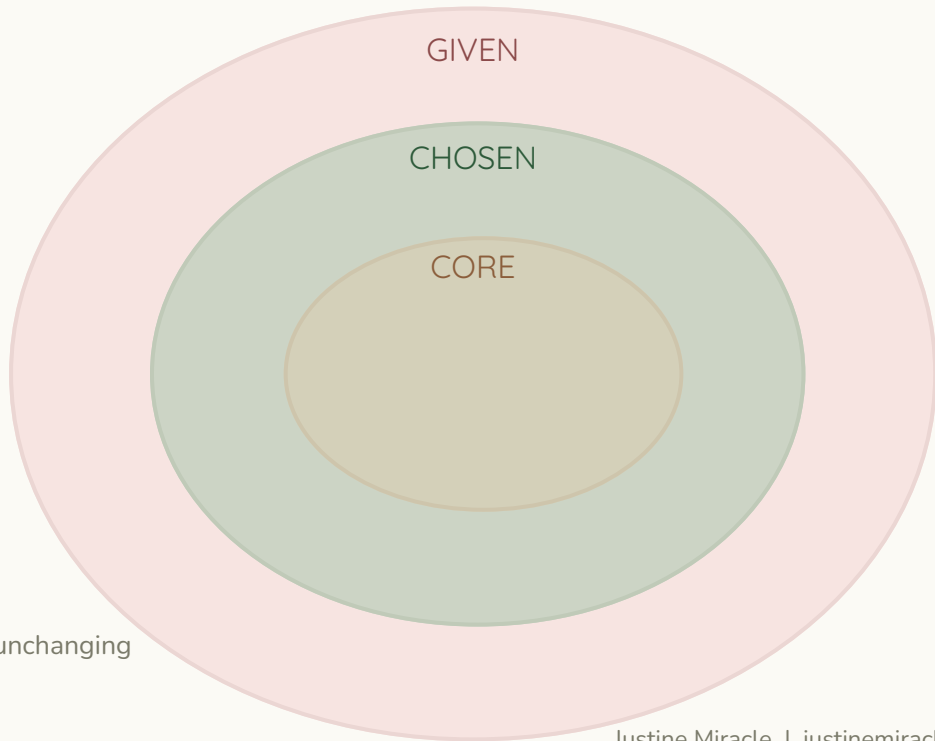
- Temperament & innate thought patterns
- May be subtle but always present
- Flexible but unchanging over time
- Ex: Introversion ↔ Extraversion
- Ex: Creativity or natural athleticism

✨ Where our Power is ✨

- ✓ Radically accept the components of our identity that we cannot change
- ✓ Take accountability for how what we cannot change frames our perspective
 - ✓ Examine our beliefs, values, & self-image
 - ✓ Understand how personality traits are exposed under pressure
- ✓ Reflect so new experiences & new understandings influence all three layers

MY IDENTITY (print)

Fill each layer with what makes you, you.



-  Given: born to | unchanging
-  Chosen: we may chose | fluid | changeable
-  Core: innate personality | temperament | flexible but unchanging over time

MY IDENTITY (fillable)

Fill each layer with what makes you, you.

-  Given: born to | unchanging
-  Chosen: we may chose | fluid | changeable
-  Core: innate personality | temperament | flexible but unchanging over time

Given

Chosen

Core

