

IDENTITY EXPLORATION JOURNAL PROMPTS

- What parts of my identity do I feel most connected to? Why?
- How do I define myself outside of the roles I play (like daughter, partner, professional, etc.)?
- When I think about my most authentic self, what does that look like? How does it feel to be that person?
- In what spaces (physical or emotional) do I feel most myself? Why do I feel that way?
- How do I respond when others try to define me or put me into a box?
- What aspects of my identity do I feel I need to hide or suppress? Why?
- What strengths or qualities of mine do I admire most? How do these connect with my sense of self?