

Identity Exploration Sheet

Endings often force us to look at who we are and who we've been. This sheet is your guide to explore your old identities, release what no longer fits, and gain clarity on the person you're becoming. Treat these prompts as a safe, reflective space for honest self-discovery.

Section 1: Who I Was

Prompt: Reflect on your **past identity**—roles, habits, beliefs, and labels.

- Roles I used to play: _____
- Beliefs I carried that may no longer serve me: _____
- Habits or patterns I want to release: _____
- How these identities shaped me: _____

Section 2: What I'm Letting Go

Prompt: Identify **what you're releasing** to make space for growth.

- Behaviors or habits I no longer want: _____
- Thoughts or self-judgments I'm ready to release: _____
- Relationships or dynamics I need to step away from: _____

Section 3: Who I Am Becoming

Prompt: Clarify the qualities, values, and principles of **your new self**.

- Core values I want to embody: _____
- Habits I want to build: _____
- Relationships I want to nurture: _____
- Person I want to show up as daily: _____

Section 4: Faith Anchors

Prompt: Use your faith to guide and support your transformation.

- How can faith guide my choices? _____
- Affirmations or mantras to anchor me in my new identity:

- Action steps to live this new version of myself: _____

Tips for Using This Sheet

- Take your time and write with honesty—don't rush.
- Combine with journaling or prayer for deeper reflection.
- Revisit regularly as your identity continues to evolve.
- Include this sheet in your ongoing reflection or personal growth toolkit.