



Identity

Make a list of aspects of your life with which you strongly identify (roles, relationships, job, characteristics, nationality, physical fitness / physique, mental abilities, eating patterns, hobbies, possessions, awards, achievements, habits, religion, interests....). Next, define the characteristics of that identity (Musts / Must nots, required skills, expectations, behaviors, disciplines, attributes):

Aspect	Characteristics

Which identities are strongest for you? How do those strong identities influence you? What do you do or don't do as a result?



Are there any identities which clash or compete (e.g., achiever professionally and family connections; physically fit and “foodie”)?

Are there any dynamics around identities you would like to shift? Why? How will you do that?