

Identity Activity Reflection Questions

- What have you learned about yourself through this activity?
- Where did you feel “energy” or emotion in this exercise?
- What parts of your identity do you want to grow? What parts might you want to lessen?
- What actions/behaviors can you take this week to grow an identity
 - 1.
 - 2.
 - 3.
- What actions/behaviors can you take this week to lessen an identity
 - 1.
 - 2.
 - 3.
- What is something you want to share about your identity work with someone close to you (teammates, coaches, parents, friends)
- How can your coach support your identity development?