



Identity Canvas

WHAT PEOPLE SEE

WHO I AM

WHO I AM BECOMING

Frame (Ignite) 5 minutes

Hand out Identity Canvas to YW. Ask them to take 2 minutes just to look over the wheels and notice the different areas.

Say: "Our identities are made up of many different components. Some of those are parts of your personal identity, like your personality, the things you're good at, or your favorite movies and music. Some parts of our identity are social, spiritual, physical, and intellectual. Today we are going to explore these components a little more deeply in an effort to connect with who you are now and who you want to become in the future through your personal development and striving to become more like the Savior."

Instruction 10 minutes

As a group, generate a list of possible identity domains for "What people see," "Who I am," and "Who I am becoming".

Be prepared for clarifying questions. Example: What's the difference between a spiritual identity and an intellectual identity?

Have YW quietly fill out their Identity Canvases. Instruct them to leave the section for "What people say" blank for now. Remind them that this is for them, and they will only be asked to share what they feel comfortable sharing.

Option: Play music as YW work.





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Activity 10 minutes


Say: "Sharing identities can feel like turning yourself inside out-for a lot of us, this is an act of courage. I'm going to ask that as you get into partners to share, you and your partner agree that this conversation is confidential and you support each other in sharing whatever you're comfortable with. You and your partner don't need to share anything that feels too hard or unsafe to share. Your identity is yours and it's up to you what you want to keep to yourself and show to the world.

Constructive Listening Dyads:

Have YW find a partner to share with. Each YW gets 4-5 minutes to share. Leader should keep time and announce when speaker has one minute left and when it's time to switch speakers. Have listeners thank speakers before they switch.

YW should face each other as they share. Listening partners should look at the speaker and actively listen. They should not interrupt or offer insight or try to discuss while the speaking partner is sharing. Just listen.

Speaking partner can share anything they feel comfortable sharing from their wheel. Then, speaking partner can choose to answer any of the following questions:

- What are the identities that you feel most connected to? Why? What are the identities that you feel least connected to? Why?
 - When others look at you, who do you think they see? What is something about your identity that might surprise them? What parts of your identity do you wish others knew or saw?
 - What was it like filling out the Identity Canvas? What was something you noticed or realized? What was challenging for you?
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Debrief 5-10 minutes

Have YW sit in a whole group in a circle.

Ask: "What did it feel like to share about yourself like this? What was hard? What felt good about sharing? What surprised you about not getting a reaction from your partner when you shared your identity? How could you change something about your identity that you wanted to improve on?"

Extension Activity

"What people say" Instruct YW to ask three people that they trust to describe them in three words. For example "What are three words you would use to describe me as a friend/YW/Sister/daughter?"

ASK: "Why do we want to ask people we trust?"

ASK: "How do you determine whether someone is trustworthy?"

Generate a class as a list. Teach them to trust their instincts on who to trust.

WRITE OR DRAW IN THESE AREAS

What people see

Who I am....

Who I am becoming

What people say....