

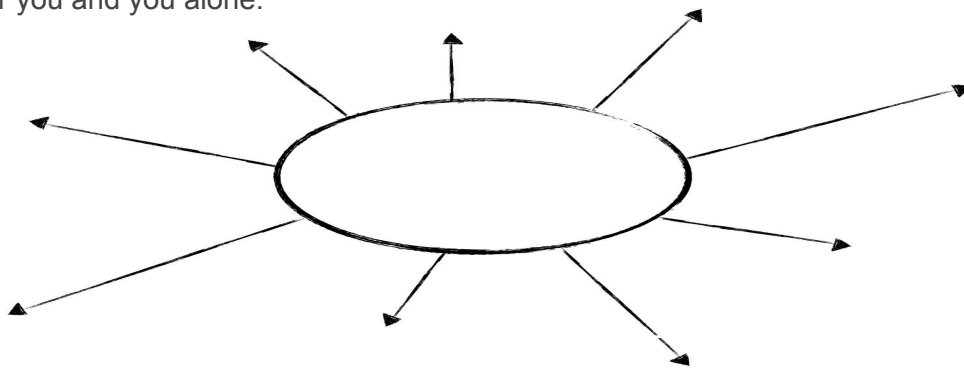
Build Your Identity Map

When we intend to step into community without an agenda it is often useful to ask:

“Who are we and what are we bringing?”

Not only so we can put down what isn't appropriate to lead with, but also so that we can appreciate our fullness - the strengths, knowledge, experiences and passions we bring with us.

Write your name in the centre of the paper, circle it and add some lines pointing out, like a mind map. Now I will invite you to note down the combination of things that make you who you are. This is for you and you alone.



Consider:

- Profession / Skills
- Hobbies / Interests
- Personality
- Background / Upbringing
- Heritage / Nationality
- Physical Characteristics
- Beliefs / Religion
- Gender

Let's Go Deeper:

- Your role in your family
- The stories you tell about your past
- What hardships have you faced...
- ... And how have you grown through them?
- What assumptions do people make about you?
- What scares you?
- What excites you?

You may also wish to add things:

- You have felt proud of
- Others find surprising
- Are central to who you are
- Have changed over time

Think about what is important to you:

- What values do you hold?
- What responsibilities do you have?
- What brings you joy?

Take a step back and have a read of what you have written. You are not any one of these things but where they all overlap you will find something close to who you are. This is a full and messy human being. A person worthy of joy and safety.