

Who Am I Beneath the Roles?

A gentle identity-mapping guide for separating who you are from the roles you carry, the expectations you have absorbed and the version of you other people may be used to.

You are more than what you do for other people.

FREE KINDNOVA GUIDE | PRINTABLE + DIGITALLY FILLABLE

START HERE

The roles you carry are not the whole of you.

Most of us collect roles over time - parent, partner, friend, worker, helper, organiser, peacemaker. Roles can matter deeply, but they are things you do or positions you hold. They are not the complete definition of who you are.

> *You can value your roles without disappearing inside them.*

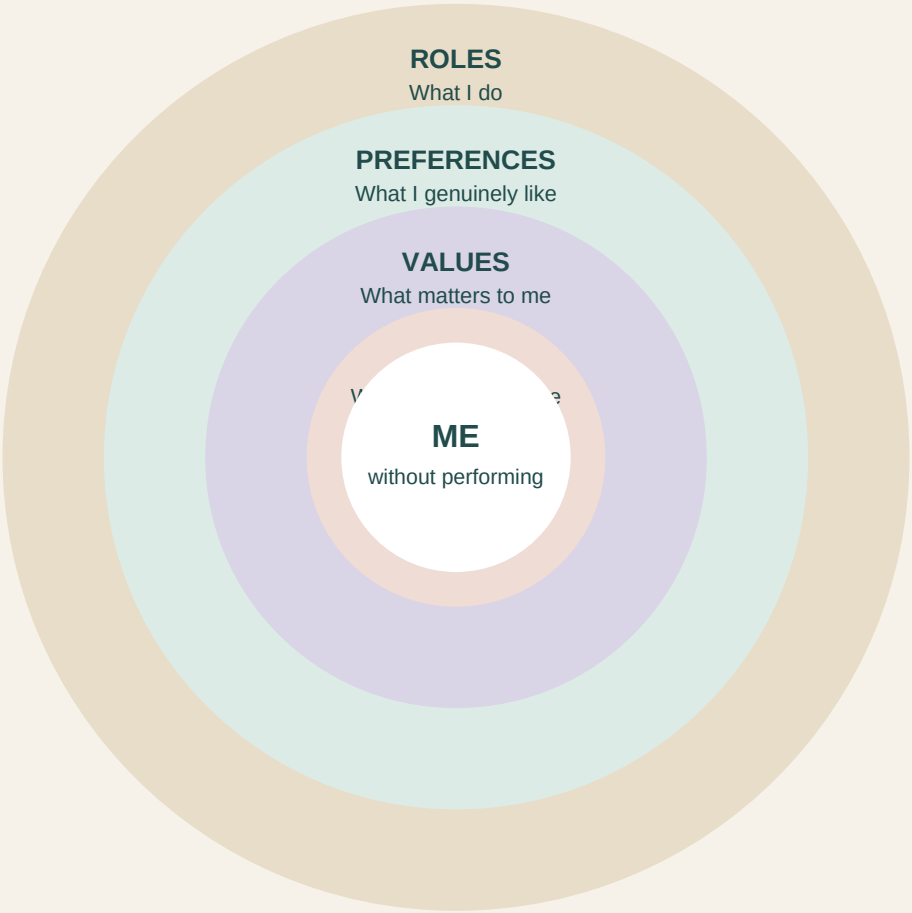
Roles I carry right now

Which role takes up the most space?

IDENTITY MAP

Four layers of you

This is not a test. It is a way to notice what belongs to you, what belongs to your circumstances and what may have been shaped by other people.



What sits closest to the centre for you?

NOTICE THE CLUES

Where do I feel most like myself?

Identity often becomes clearer through moments of ease. Think about times when you are not trying to impress, manage, please or prove anything.



People I can relax around

Places where I soften

Things I can do for hours

Conversations that light me up

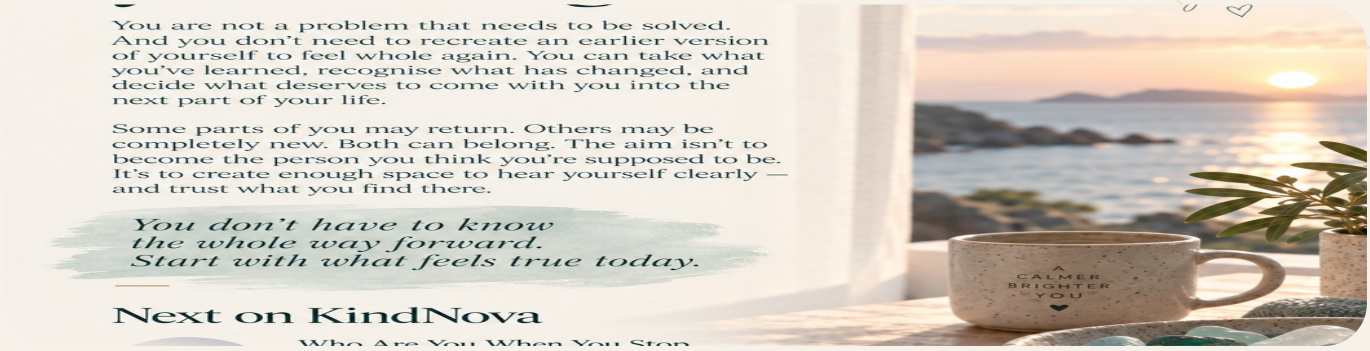
SEPARATE THE VOICES

Whose voice is this?

Some beliefs about who we should be are ours. Others were learned from family, school, relationships, culture or past versions of ourselves. You are allowed to question what no longer fits.

FEELS LIKE MINE	MAY BE INHERITED	NO LONGER FITS
s here.	s here.	s here.

> *Growth can sound like: "That used to fit me. It does not have to fit me forever."*



PUT IT INTO WORDS

A truer description of me

Try describing yourself without using your job title, relationship status or what you do for everyone else. There is no perfect answer - just something a little more honest.

I am someone who...

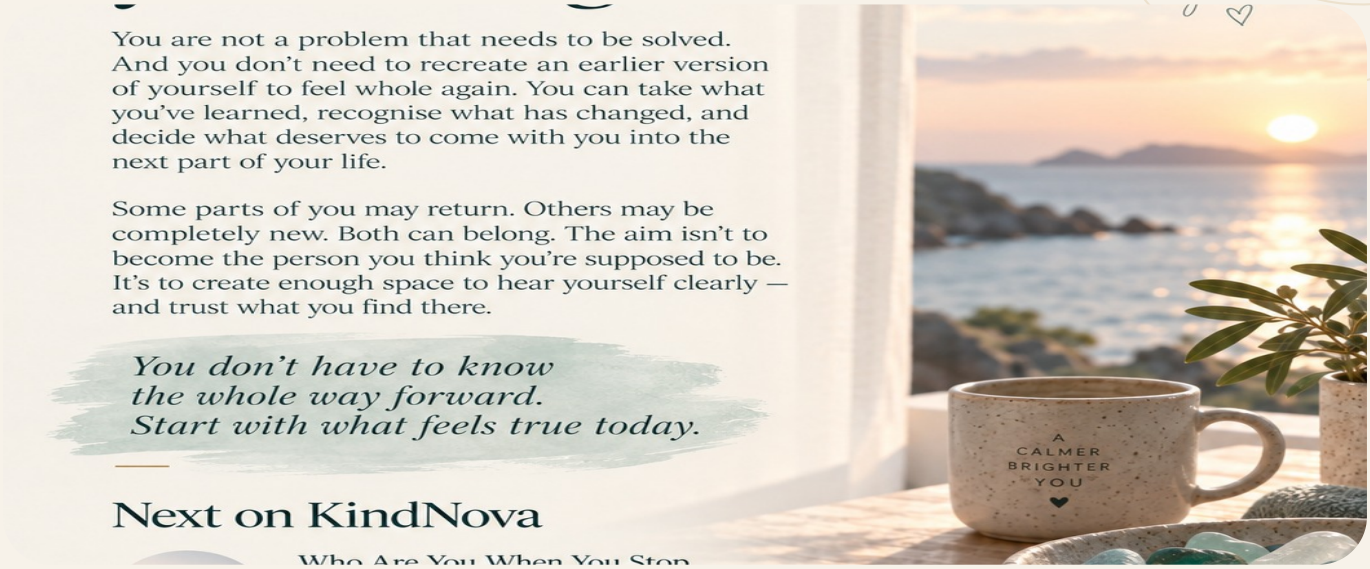
I care deeply about...

I feel most alive when...

I am learning to...

I am allowed to outgrow...

> *You do not need to become a different person. You may simply need more room to be yourself.*



WHEN YOU WANT TO GO DEEPER

Keep meeting yourself with curiosity.

Self-discovery is not a one-time answer. It is an ongoing practice of noticing what feels true, what has changed and what deserves more room in your life.

Finding Yourself Again

A 25-page guided Self-Discovery & Identity journal to help you explore your roles, values, preferences, needs, outside expectations and the version of you that is ready to grow.

EXPLORE THE FULL JOURNAL

kindnova.co.nz