





IDENTITY REFLECTION CARDS


Select 1-2 questions and either journal or discuss them with a mentor.

 **Card 1 – Roots & Culture:**
“What cultural traditions do I
want to carry into my future?”

 **Card 2 – Pressure & Expectations:**
“What expectations feel
heavy – and which ones
feel empowering?”

 **Card 1 – Roots & Culture:**
“What cultural traditions do I
want to carry into my future?”

 **Card 3 – Belonging:**
“Where do I feel most
'myself'? Why?”

 **Card 5 – Visibility:**
“How do I want to show up in the world this year?”

