

**PERSONAL IDENTITY JOURNAL PROMPTS**  
**RAINBOW CHURCH REFLECTIONS**

1. Identity Worksheet
  - a. -How did any of these answers surprise you?
  - b. -Which were hardest to answer and what came easy?
  - c. -When was the last time you felt like you had to “identify” yourself, and how did it go?
  
2. Identity Worksheet
  - a. -If you put these in order of centrality to your life, what is the top 10?
  - b. -What factors impact the way you prioritize these aspects of yourself?
  - c. -When have you been very aware of how you identify yourself?
  
3. Identity Worksheet
  - a. -Who or what impacts the way you identify yourself?
  - b. -Who or what impacts the ways you prioritize these aspects of your identity?
  - c. -When has someone challenged the way you identify yourself?
  
4. Identity Worksheet
  - a. -How have your different aspects of identity changed over time?
  - b. -How have the ways you prioritize them changed over time?
  - c. -When were you aware that the way others identify you had changed?
  
5. Identity Worksheet
  - a. -How do your various identities intersect and support each other?
  - b. -How do your various identities compete with or contradict each other?
  - c. -When have you found your various identities in conflict with each other on a decision?
  
6. Identity Worksheet
  - a. -For good or bad, who are the people most impactful on your identity?
  - b. -How has your identity impacted these relationships?
  - c. -When have you had to explain your identity to someone close to you?
  
7. Identity Worksheet
  - a. -What role did organized religion play in your earliest identity?
  - b. -For good or bad, how has organized religion shaped your identity?
  - c. -When did you first feel like you were in control of your own spiritual journey?
  
8. Identity Worksheet
  - a. -How does your identity impact the way you relate to other people?
  - b. -How does your identity impact the way others perceive you?
  - c. -When have you had to overcome someone else’s expectations based on your identity?
  
9. Identity Worksheet
  - a. -How are your mental health and your identity related?
  - b. -How does your identity give you strength?
  - c. -When have you wrestled with negative emotions related to your identity?

10. Identity Worksheet

- a. -What aspects of your childhood identity are still strong within you?
- b. -What aspects of your childhood identity need healing or need to evolve?
- c. -When, as a child, do you remember feeling the most free or safe?

11. Identity Worksheet

- a. -What groups, communities, or cohorts does your identity link you with?
- b. -How do these connections impact your life?
- c. -When have you felt linked to a person you have never met due to your identity?

12. Identity Worksheet

- a. -What responsibility do you feel due to your identity?
- b. -How does your identity impact your sense of purpose or opportunity in the world?
- c. -When have you found yourself seeking justice for more than yourself?

13. Identity Worksheet

- a. -How comfortable are you, today, with your sense of identity?
- b. -What questions or wrinkles in your identity do you feel called to explore?
- c. -When did you experience curiosity about your identity that led to change?

14. Identity Worksheet

- a. -How do you think your identity might change in the next decade?
- b. -What do you worry about most as it relates to your identity or those you identify with?
- c. -When do you think you will be “done” figuring out who you are?

15. Identity Worksheet

- a. -How comfortable have you been with the changes in your life?
- b. -What change was the hardest for you to accept or live into?
- c. -When did you feel in control of a change in your life or identity?

***This is the end of Part 1, the Identity Worksheet Journaling. The next series of reflections will invite you to read what you have already written and respond.***

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1. Read and Review
  - a. Looking back on your reflections, what answer do you wish you could edit most?
  - b. What impacted that answer at the time, or has changed since then?
  - c. What would you like to say to yourself when you wrote it?
  
2. Read and Review
  - a. Looking back on your reflections, what story stands out as core to your identity?
  - b. What powerful life stories are missing from this journaling process?
  - c. Why do you think some stories were emotionally available and others not?
  
3. Read and Review
  - a. Looking back on your reflections, where do you see God at work?
  - b. Are you more likely to see God in the struggle or the comfort of your past?
  - c. Why do you think God is evident sometimes more than others?
  
4. Read and Review
  - a. If you found your words, written by an anonymous author in a dusty old journal and decided to publish it, what would you title the book?
  - b. What would the cover of this book look like?
  - c. Why would this book be of comfort or value to someone reading it?
  
5. Read and Review
  - a. How has this journaling process impacted your personal identity?
  - b. How has this journaling process impacted your spiritual journey?
  - c. For you, where is God in this process?
  
6. Read and Review
  - a. Who do you feel called to share one of your stories with?
  - b. Which of these stories will always be just for you?
  - c. How might you help others who wrestle with loving themselves and others?

***This is the end of Part 2, reflecting on your journal entries. The next step is up to you. You can simply tuck it away for future reflection and live into the conversations and discoveries it has prompted. You can think about how this process might be pushing you into a new direction in life or work, or maybe volunteering in a new way.***

***You are also invited to take this work and share it as a story, narrative, or reflection. If you would like help writing, editing, or adapting, there are some gifted individuals in our community that would be happy to guide you. Others might even like to work through the process together. Stories can be shared within our Church family, shared on our website, or kept private for you to pass on to family and loved ones. This journey is yours and you get to chose what comes next.***