

# Module 5: Explore Personal Identity Through the Years

## Instructions

Personal identity is a collection of experiences, thoughts, emotions, and habits. It can change over time, and even the parts that make up your personal identity can shift. Personal identity can include parts you've had for years, new parts that are just developing, and parts you may want to improve. All of these come together to form your personal identity at a given time.

The beauty about personal identity is that it is unique to you, and as you change, so will the way you identify.

Brainstorm parts of your personal identity you developed in the various stages listed below. If an element of your personal identity continues to apply through each stage, such as the language you speak or the city you live in, carry it to the next stage. If it has changed or no longer applies, feel free to adjust.

**First stage:** Birth through childhood years. Examples include your place of birth, family origin, or languages spoken growing up.

**Second stage:** Adolescent years. Examples include your learning in school, friends made, or hobbies developed.

**Third stage:** Teenage years through young adulthood. Examples include cities lived in, jobs had, romantic relationships developed, and programs or universities attended.

**Fourth stage:** Adulthood through present. This may vary widely from person to person, but think about the parts of your identity that have been with you since birth and new identity markers.

Remember, your history and experiences are unique to you, and your personal identity may shift over time. You can always revisit this exercise to reflect on your personal identity as it changes!

## Reflect:

Reflect on the following —

1. How did it feel to think back to elements of your personal identity from the beginning?
2. What elements of your personal identity remained in all your stages?
3. Are there any elements of your identity that you did not include? Why did you leave them out?

