

Self-Definition Starter Map: Rediscovering the Core Self

Section 1: Unmasking the Inherited Self

Reflect on the scripts you were given—and whether they still serve you.

- What beliefs about success, love, or identity did I inherit from family or culture?
- Which of those beliefs have I never consciously chosen—but live by, anyway?
- If I removed all the expectations of who I'm supposed to be, who would I actually be?

Section 2: Voice of the Subconscious

Gently surface the unseen layers of identity using symbolic access points.

- When do I feel emotionally overreactive or shut down? What might that protect me from?
- Choose a recurring dream, image, or symbol. What does it say about who I am becoming?
- Spend 10 minutes freewriting on the topic: "A part of me I rarely let speak is..."

Section 3: Values as Compass Points

Ground self-definition in chosen values.

- What qualities do I admire in others? What does that reflect about me?
- When have I felt most comfortable and confident in who I am? What values was I honoring?
- List 5 values I'm ready to live by, even if they cost me approval.

Section 4: Self in Action

Translate insight into intentional living.

- How do I want to show up in the world, even when no one is watching?
- What boundaries will I set to protect my emerging sense of self?
- Write a sentence that begins: "The self I am becoming is..."