

Reflecting on Your Past

Consider moments that contributed to your current identity. As you do, focus on how they relate to:

1. **Claiming:** Recognizing your own strengths and abilities.
2. **Relational Recognition (Granting):** Being acknowledged and supported by others, which reinforced your confidence.
3. **Collective Endorsement:** Receiving validation and recognition from a group or community, confirming your role and contributions.

These reflections not only help you understand your current identity but also serve as a launching board for who you will become tomorrow. Use these insights to guide your future actions and growth.

By providing your email, a copy of your responses will be sent to you for future reference. Please note that responses are not monitored. If you prefer not to receive responses via email, you can take a screenshot of your responses to review them later.

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* Indicates required question

Email *

Your email



Words to Spark Reflection and Inspiration

Claiming

- Ambitious
- Brave
- Confident
- Courageous
- Empowered
- Influential
- Motivated
- Optimistic
- Persistent
- Resilient
- Strategic
- Visionary

Granting

- Compassionate
- Encouraging
- Generous
- Grateful
- Kind
- Loyal
- Nurturing
- Patient
- Respectful
- Supportive
- Thoughtful
- Understanding

Collective Endorsement

- Authentic
- Balanced
- Collaborative
- Diligent
- Grounded
- Honest
- Practical
- Proactive
- Reliable
- Resourceful
- Trustworthy
- Versatile

Individual Internalization ('Claiming'): When you feel naturally drawn to certain activities, it often indicates areas where you can confidently claim your abilities and leadership potential. Write down a **childhood experience** that made you realize *something important about yourself*. Example: *

When I was young, I took on the role of _____. This experience made me realize that I am _____, because _____.

Your answer

Relational Recognition ('Granting'): Think about a time when someone in your life, like a parent, teacher, or mentor, recognized a strength or ability in you. How did their recognition impact your view of yourself and your role in your community? Write it down below. Example: *

A mentor once told me that I had a natural ability to _____. This recognition made me feel _____ and motivated me to _____.

Your answer

