

Who Am I: An Identity Reflection

Motherhood defines a change. A change of self, a change of lifestyle, and a change of mindset. When we become mothers, we use the words joy, excitement, happiness, and fairytale when we see our little one for the first time. But what about the words that lurk unspoken in our minds--words like grief, loss of self, and identity confusion. No one expects these to creep in, but it is okay. **Use these prompts to reflect on and nurture your identity in this new stage of life.**

How has motherhood felt so far? Have you experienced conflicting emotions? If so, what has that been like?

Are you grieving a part of your identity that you feel is gone? Which part is that?

What new parts of your identity are you celebrating?

List ALL the pieces of your identity that you are and want to be.

What are some small steps you could take to start incorporating the parts of your identity you feel are missing?
