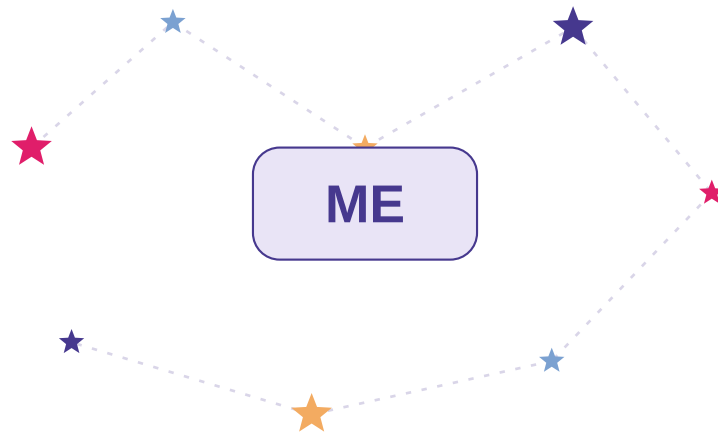
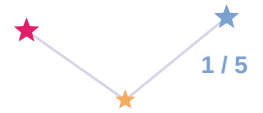


Identity Constellation

Exploring the many things that make you, you.



Your identity is made of many connected parts.

It can include the people you love, your gender or sexuality, culture, interests, values, relationships, experiences, communities, personality and countless little things that simply feel like you.

This activity is a space to explore those different parts of yourself. There are no right answers, and you do not have to label anything you do not want to.

You decide which parts of your identity matter to you.

Type into the workbook, print it, draw on it, or make the activity completely your own.

Discover Your Stars

Use these prompts as starting points. Skip anything that does not feel useful.



There is no need to fill every box. Choose the prompts that feel useful and give yourself space to explore them.

★ Things I love

What brings you happiness, comfort or excitement?

★ My values

What matters deeply to you?

★ My people

Who helps you feel accepted and understood?

★ My communities

Where do you feel a sense of belonging?

★ How I express myself

Clothing, creativity, appearance, communication, interests...

Discover More Stars

Continue exploring the parts of yourself that feel meaningful.



Use labels, single words, memories, people, places or anything else that feels right to you.

★ Gender & sexuality

Are there words or identities that feel meaningful to you?

★ My strengths

What qualities make you proud of yourself?

★ My experiences

What has helped shape who you are?

★ My culture & background

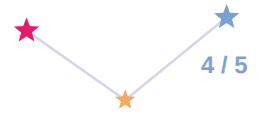
Traditions, places, languages or experiences that matter to you.

★ Something else entirely...

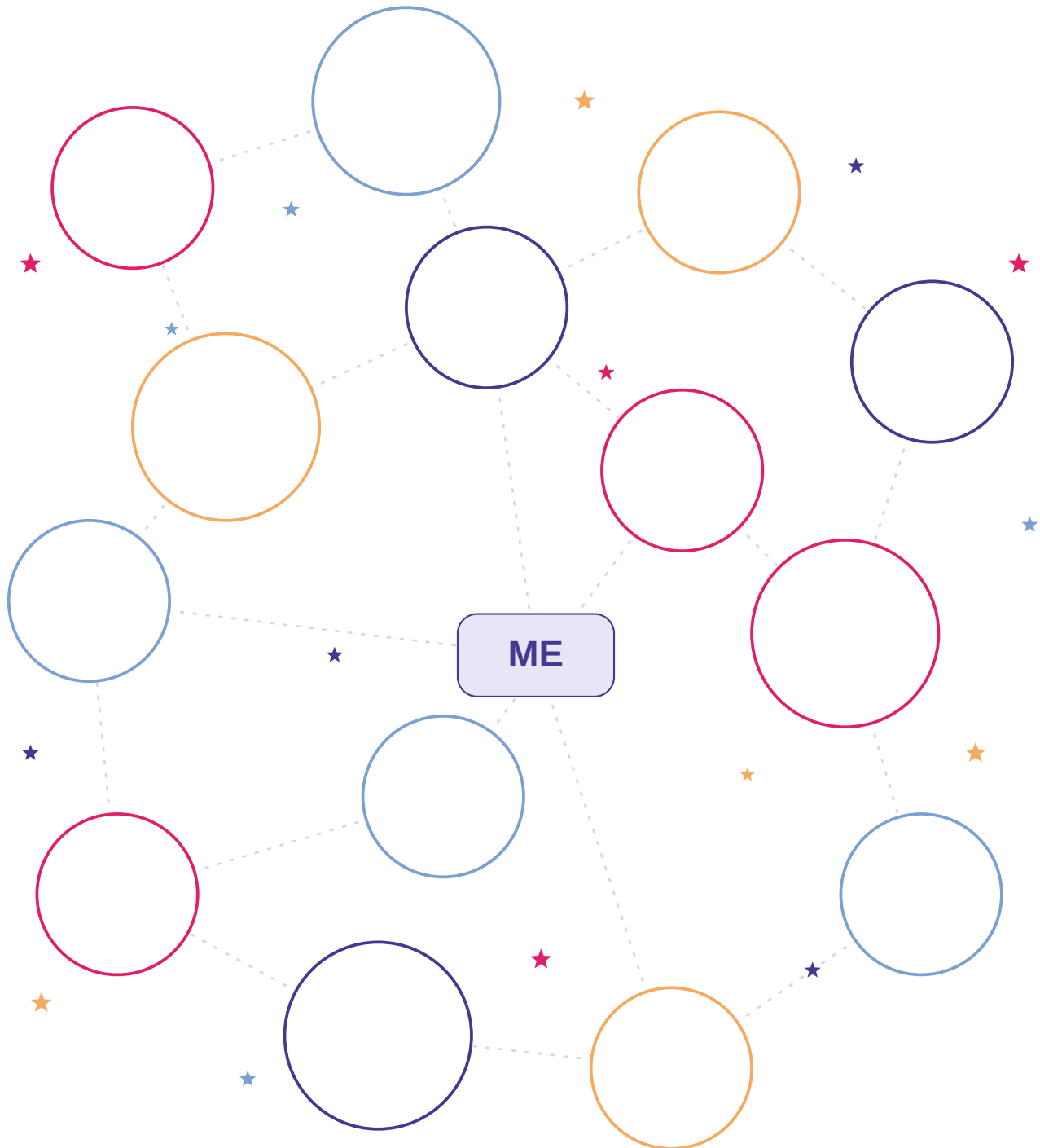
Because nobody fits neatly into a worksheet.

My Identity Constellation

Fill your universe with the things that make you who you are.



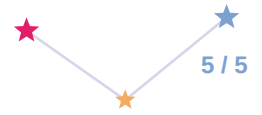
Write something inside each star. Make important parts bigger, place connected parts near one another, draw new connections, add your own stars, or completely ignore the pattern and make it yours.



Tip: distance and size can have meaning - or no meaning at all. You choose.

Looking at My Constellation

A few gentle prompts to notice what your constellation is showing you.



★ Which stars feel brightest or most important right now?

★ Did anything surprise you?

★ Which parts of yourself feel most connected?

★ Are there parts you are still discovering?

★ Is there a star you would like to give more space to?

★ Where do you feel most able to show your whole constellation?

Your constellation does not have to stay the same.

Identity can grow, shift, become clearer or become less important over time. You are allowed to discover new parts of yourself, change the words you use, and leave some things undefined.