

Who Am I Now?

A gentle guide to reflecting on your identity, your journey and what matters now.

Reflect • Understand • Move Forward

There are points in life when the person we have always known ourselves to be no longer seems to fit quite as neatly. Sometimes this follows a diagnosis, grief, a relationship change, becoming a parent or caregiver, leaving work, ageing, burnout or recovery. At other times there is no single event. We simply notice that something has shifted.

This resource is not about finding a perfect new version of yourself. It is an invitation to notice who you are now: what has changed, what remains important, what you have outgrown, what you need more of, and what you might want the next part of your life to contain.

1. The person I have been

Identity is made from many layers: relationships, work, family roles, interests, responsibilities, experiences, values and the ways we have learned to survive. Some parts were chosen. Others were given to us. Some may once have protected us but may no longer be needed in quite the same way.

Which roles or descriptions still feel true, and which feel more like expectations?

For a long time, I believed I had to be...

2. What has changed?

Change can alter our sense of self even when the change is wanted. A new understanding of ourselves can make earlier experiences look different. We may recognise how much we have masked, accommodated, pushed through, stayed quiet, performed competence or tried to become the person other people expected. There can be relief in this recognition, but there can also be sadness for the energy it took.

What has changed externally or internally in the last few years?

What has become clearer about you?

3. What is still me?

Growth does not mean everything about us needs replacing. There are often threads that have remained throughout our lives: humour, curiosity, loyalty, creativity, sensitivity, determination, a love of learning, a need for quiet, or a strong sense of fairness. When identity feels uncertain, these threads can be anchors.

Five things that still feel recognisably mine...

4. What matters to me now?

Values are different from goals. A goal can be completed; a value describes the direction we want to move in. Connection, honesty, stability, compassion, creativity, independence, learning, fairness, family, adventure and rest are examples. Their importance can change as our lives change.

My three most important values now are...

Where does my everyday life match these values - and where does it not?

5. What do I need?

Recognising our needs is not selfish. We all function differently. One person may need frequent connection while another needs substantial time alone. Someone may need predictability, sensory quiet, movement, reassurance, direct communication or recovery time after social contact. Understanding your needs can make life feel less like a constant battle with yourself.

I function better when...

I become depleted when...

6. The person I become around other people

Many of us alter ourselves depending on where we are and who we are with. Some adaptation is ordinary. But constantly monitoring our face, voice, reactions, interests, movements or words can leave us disconnected from ourselves. People pleasing can do something similar: we become highly skilled at noticing what everybody else needs while our own needs become difficult to hear.

Where do I feel able to be most myself, and what makes those places or relationships different?

Where do I notice myself shrinking, performing, masking or automatically saying yes?

7. What have I outgrown?

Outgrowing something does not mean it was always wrong. A role, friendship, habit, ambition or belief may have belonged to an earlier part of our lives. We can appreciate what it gave us while recognising that continuing to carry it now may have a cost.

Something I am ready to carry less of...

8. A life that fits me

Intentional living is not about controlling every part of life or constructing an ideal routine. It is about noticing when our lives have moved too far away from what supports us and making realistic adjustments. Sometimes the most meaningful change is small: protecting one evening, asking for clearer communication, returning to an old interest, creating a quieter morning, declining one obligation, or allowing ourselves to rest before everything is finished.

If I stopped asking 'What should my life look like?' and asked 'What helps my life fit me?', what would change?

One small change I could make this week...

My personal compass

More of / Less of / Protect / Explore / Ask for

A message from Maggie

You do not need to have a neat answer to the question 'Who am I now?' Sometimes identity is something we notice gradually rather than something we decide in one sitting. You may be the same person with a new understanding, or you may be entering a chapter that asks something different of you. Both can be true.

Give yourself permission to be curious about the person you are becoming without dismissing the person who brought you this far. Come back to these pages when life changes again. Your answers are allowed to change too.

This is your reflection, not a test. There is no correct way to complete it and no deadline for understanding yourself. A sentence, a word, a scribble or leaving a question for another day can all be part of the process.

Space to Breathe Therapy

Reflective & Intentional Living