Your Identity Reclamation Toolkit

Action steps and journal prompts to reconnect with who you are and who you are becoming

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A NOTE FROM DONNA

This Toolkit Was Made For You

There is a particular kind of disorientation that comes when the life you built no longer fits who you are. You may have outgrown your career, your relationship, your role, or all three at once. And yet the world keeps asking you to show up as the person you used to be.

I know this because I have lived it. I walked away from a career that no longer aligned with my values. I rebuilt my identity from the ground up, including walking 860 kilometres alone across Spain on the Camino de Santiago, carrying only what I needed and discovering that what I needed was far less than I thought, and far more internal than external.

This toolkit is not about reinvention. It is about reclamation. The woman you are becoming is not a stranger. She is the truest version of you, the one who has been waiting beneath the roles, the responsibilities, and the expectations of others.

Work through the action steps at your own pace. Sit with the journal prompts. Write more than you think you need to. The answers are already inside you.

"You are not starting over. You are starting ahead, stronger, wiser, and with deeper purpose."

Donna Moulds
Founder, The Resilience Movement

PART ONE

Your Action Steps

Each of these eight actions is a deliberate step toward reclaiming your identity. They are not tasks to rush through and tick off. They are practices to sit with. Work through them in order, one per day if possible, and notice what shifts.

- [ ] **1. Reflect on the labels and roles you have outgrown.**
  Write them down without judgment. Which ones no longer belong to you? Which ones were never truly yours to begin with?

- [ ] **2. List three things you loved doing as a child or young adult that still light you up today.**
  These are not coincidences. They are clues to your truest self. What do they tell you about who you are when no one is watchin

- [ ] **3. Write one statement of who you are becoming.**
  Start with: 'I am becoming a woman who...' Write it in the present tense. Make it specific. Make it feel like a stretch, and also like

- [ ] **4. Take one hour this week just for you.**
  Not productive. Not useful to anyone else. Just nourishing to your soul. Notice what you choose and what that choice tells you.

- [ ] **5. Share one truth about your journey with someone you trust.**
  Or write it in your journal if you are not ready to say it aloud. Naming your truth is the first act of reclaiming it.

- [ ] **6. Make one small, brave decision that aligns with who you are becoming.**
  It does not need to be dramatic. It needs to be honest. One decision made from your future identity rather than your current fear

- [ ] **7. Say no to something that drains you.**
  Honour the boundary without over-explaining. Notice how it feels to choose yourself. That feeling is information.

- [ ] **8. Create your Joy List.**
  Write five simple things that light you up right now. Not aspirational things. Things available to you today. Return to this list wher

"One small, brave decision at a time. That is how identity is reclaimed."

PART TWO

Your Journal Prompts

These prompts are designed to move you past the surface and into the truth underneath. Do not edit yourself as you write. Do not write what sounds good. Write what is real. That is where the reclamation happens.

Give each prompt its own sitting. Write until you have nothing left to say on it, then write one more sentence. That last sentence is usually the most important one.

Prompt 1

What parts of myself have I put on the shelf for others?

Which qualities, desires, or ways of being have you suppressed to keep the peace, fit the role, or meet someone else's expectations? What would it mean to take them back?

YOUR NOTES

Prompt 2

Where in my life am I living on autopilot instead of by choice?

Which routines, relationships, or commitments are you maintaining out of habit rather than intention? What would change if you chose each of them deliberately?

YOUR NOTES

Prompt 3

What do I want to feel more of in my daily life?

Not what do you want to have or achieve. What do you want to feel? Freedom, ease, purpose, connection, joy? What is one thing you could do today to feel more of that?

YOUR NOTES

Prompt 4

What does the next version of me look and feel like?

Describe her in as much detail as possible. How does she carry herself? How does she speak? What does she no longer tolerate? What does she prioritise? What has she let go of to become who she is?

YOUR NOTES

Prompt 5

If I were not afraid, what would I allow myself to pursue?

Sit with this one. The answer you dismiss first is usually the truest one. What is the fear actually protecting you from, and is that protection still serving you?

YOUR NOTES

Prompt 6

What do I need to release to make space for who I am becoming?

This might be a belief, a relationship, a habit, a story, or an identity you have outgrown. What are you holding onto that belongs to your past, not your future? What would releasing it actually cost you, and what would it free?

YOUR NOTES

"What you can name, you can claim. What you can claim, you can change."

Your Reclamation Has Already Begun.

The fact that you are here, doing this work, means you have already made the most important decision. You have chosen yourself. Keep going.

More resources, conversations, and support are waiting for you at The Resilience Movement.

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