



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 38 Action Guide: Original Identity

Original Identity: Who you've always been and where your deepest dream lives.

List 3-5 adjectives that describe your Original Identity.

What is most true about who you are?

What area of life does this identity show up most (relationships, vocation, finances, health, etc.)?

How does that impact this area of your life?



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What is the defining narrative of this layer of identity? I am...

What's one next step you can do to open yourself to receive this is truly who you are, that it is good, and that it's more than enough?

When you look at all the layers as a whole, what is the Integrated Narrative that defines all of who you are? I am...