

A WOMAN'S GUIDE TO SELF-DISCOVERY

Know YOUR Identity

*A Guide for Women Reclaiming Who They Are,
Beneath Every Role, Title, and Expectation
Placed on Them*

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In the following pages you will find a practical, story-driven guide that helps women strip away the roles, titles, and expectations that have quietly replaced their sense of self, and reconnect with who they actually are underneath all of it. Someone out there needs to meet the real you, not the version you perform. Don't make them wait.

CONTENTS

INTRODUCTION: THE WOMAN UNDERNEATH THE ROLES

Know Your Identity:

- In Your Career
- In Your Calling
- In Your Relationships
- In Your Sense of Self
- Where To Begin
- The Invitation

INTRODUCTION: THE WOMAN UNDERNEATH THE ROLES

There was a version of you who knew who she was without checking anyone else's face for confirmation. Who could answer the question "who are you?" with something other than a job title, a relationship status, or a list of things she does for other people. Who understood her own worth apart from her usefulness.

Where did she go?

She didn't disappear. She got layered over. By roles that needed filling. By people who loved the version of her that made their lives easier. By years of being so many things to so many people that she lost track of which parts were actually her and which parts were just what the moment required.

This is not a guide about becoming someone new. You don't need a reinvention. You need an excavation, digging back down to the woman who was there before the roles started stacking up on top of her, and learning to lead with her instead of leaving her buried under others version of who you should be. That's the work. That's what we're doing here.

KNOW YOUR IDENTITY IN YOUR CAREER

Somewhere along the way, you learned that your value at work was measured by your output, your title, or how indispensable you'd made yourself. That who you were and what you produced were the same question, answered the same way.

Ask yourself this: if you lost the title tomorrow, would you still know who you are in that room?

Knowing your identity at work isn't about performing confidence you don't feel. It's about separating your worth from your role, so a bad quarter, a missed promotion, or a reorg doesn't take your sense of self down with it. It's the difference between a woman who has a career and a woman who has become her career, with nothing left standing once you remove the job title from the sentence.

Start small. Notice how you answer the question "what do you do?" Notice if your identity collapses into your job description, or if you can answer it and still feel like a whole person underneath the answer. Write down three things that are true about you that have nothing to do with your resume. Say them out loud until they feel as real as your job title does.

I've watched women build entire careers on top of an identity that was never actually theirs, borrowed from what looked successful, what their parents expected, or what paid the most. It doesn't have to cost you your sense of self to build something impressive. Know who you are before you build anything else on top of her, so the foundation holds even when the title changes.

KNOW YOUR IDENTITY IN YOUR CALLING

Somewhere, someone told you that a godly woman's identity should be entirely wrapped up in what she does for others, that asking "who am I" is vanity dressed up as a spiritual question, and that the safest identity is the one that disappears into service.

I want to challenge that mindset. God named Abram before He gave him a single instruction. He renamed Jacob before Jacob wrestled his way into becoming Israel. Identity came first, calling came after, because you cannot build a lasting calling on top of an identity you never claimed. Scripture doesn't ask you to erase yourself into your service. It asks you to know whose you are, so you know who you are.

Your identity in your calling is not something you earn by doing enough. It is something you were given before you did anything at all. If you have spent years trying to work your way into a sense of belonging, your effort was never the problem. It just wasn't necessary. You already belonged before you started trying.

Ask yourself: am I resting in who I already am, or am I still performing for an identity I'm afraid I haven't earned yet? Those are two very different postures, and only one of them is sustainable.

Performing exhausts, you because it never ends. Belonging rests, because it was never in question to begin with. Learn to tell the difference in your own life, and you'll start to notice how much of your striving was really just fear wearing the costume of devotion.

KNOW YOUR IDENTITY IN YOUR RELATIONSHIPS

This is where it gets personal, because the people closest to you often know a very curated version of you, the one who has it together, the one who doesn't need anything, the one who shows up exactly the way they expect her to.

You've gotten good at being whoever each relationship needs. Steady for one person, easygoing for another, endlessly capable for everyone. But identity that shifts depending on who's in the room isn't identity. It's adaptation. And adaptation is exhausting when it becomes the only mode you know how to operate in.

Ask yourself: in my closest relationships, do they know the real me?

Being known means someone has access to the parts of you that don't perform well, the uncertain parts, the tired parts, the parts still figuring it out. Being convenient means you've made yourself easy enough that nobody ever has to encounter the real you at all. One of those builds intimacy. The other one just prevents conflict.

Let one person see a part of you that isn't polished this week. Not oversharing, not a crisis, just an honest sentence you'd normally edit down to something smaller. Watch what happens when you stop managing the relationship and start actually showing up inside it.

KNOW YOUR IDENTITY IN YOUR SENSE OF SELF

Here is the foundation underneath everything else. You cannot know your identity at work, in your calling, or in your relationships if you have never done the work of knowing it apart from all three.

This is where the real excavation happens. Not in a new job, a new relationship, or a new season of ministry, but underneath all of them, in the quiet answer to the question nobody else is in the room to hear: who are you when nothing is being asked of you?

Most women I coach cannot answer that question quickly. They can tell you what they do, who needs them, and what's expected of them by Friday. Ask them who they are apart from all of it, and there's a pause, because no one has given them a safe place to answer that questions and begin their journey of discovery. We must know our true identity to fully walk in our purpose.

Knowing your identity in your sense of self means separating who you are from what you produce, what you're needed for, and what everyone else has decided you should be. The gold underneath all of that noise is still there. It's just been buried under others definition of you for so long that you forgot to go looking for it yourself.

WHERE TO BEGIN

You don't have to have a fully articulated identity statement by next week. Start with one honest inventory. Sit down and write two lists: who other people say you are, and who you actually believe you are underneath that. Don't worry if they don't match yet. That gap is not a failure. It's just the map of the excavation work ahead of you.

THE INVITATION

You were never meant to spend your whole life as a composite of everyone else's expectations. Somewhere underneath the roles, the titles, and the performances, there is a woman who was there before any of it started, and she is still there now, waiting for you to stop outsourcing the question of who you are to everyone but yourself.

This doesn't happen in one conversation, and it doesn't happen by accident. It happens one honest answer at a time, one moment of choosing the true response over the convenient one, until the woman underneath the roles is the same woman standing in the room.

So here is your invitation. Stop asking everyone else who you should be. Go find out who you already are, and start living like you believe it.

Five Tips to Knowing Your Identity You Can Use Today:

1. **Answer the question “who are you?” without your job title.** Practice saying it out loud until it feels as natural as your resume answer does.
2. **Name one belief about yourself you inherited from someone else.** Decide today whether it's actually true, or whether you've just never questioned it.
3. **Let one person see an unpolished piece of you this week.** Notice how much energy you've been spending on managing others version of you.
4. **Write down three true things about you that no job, relationship, or title gave you.** Read them back when you forget.
5. **Ask yourself daily: am I performing an identity, or am I living from one?** Let the honest answer, not the comfortable one, guide what you do next.

You don't need others permission to know who you are. You just need to stop looking everywhere except inward.

It's time to come home to yourself.

CHEERS!

Coach Debra

YOUR EXCAVATION WORK

A few minutes with these questions and action steps from Know Your Identity will help what you just read actually change something.

CAREER

If you lost the title tomorrow, would you still know who you are in that room?

CALLING

Am I resting in who I already am, or am I still performing for an identity I'm afraid I haven't earned yet? Those are two very different postures, and only one of them is sustainable.

RELATIONSHIPS

In my closest relationships, am I known, or am I just convenient?

FIVE TIPS CHECKLIST

- ☐ Answer the question “who are you?” without your job title. Practice saying it out loud until it feels as natural as your resume answer does.
- ☐ Name one belief about yourself you inherited from someone else. Decide today whether it's actually true, or whether you've just never questioned it.
- ☐ Let one person see an unpolished piece of you this week. Notice how much energy you've been spending on managing everyone else's version of you.
- ☐ Write down three things true about you that no job, relationship, or title gave you. Read them back when you forget.
- ☐ Ask yourself daily: am I performing an identity, or am I living from one? Let the honest answer, not the comfortable one, guide what you do next.



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