



IDENTITY REFLECTION

Tool 2 | Realign2TheDesign Collection: Vol 100

A companion tool inspired by the book How We Got Here: Race, Grief, and Faith—A Testimony of Becoming by Danielle Price

FRAMEWORK: See. Reflect. Realign.

What Is Quietly Shaping Me?

The Identity Reflection Tool guides you back to who you are beneath roles, titles, achievements, and survival strategies. It helps you trace the messages you received, recognize what shaped your self-understanding, and reconnect with purpose rooted in truth rather than socialized influences. This tool is about remembering what was always there—before the pressure, before the loss, before the coping.

Instructions: Reflect on a deeper level.

What was the loudest giant on your Invisible Giants Inventory (Tool 1)? Reflect on the following prompts.

IDENTITY & BELONGING

Potential Giants:

- Internalized racism
- Approval seeking
- Comparison
- Not-enoughness
- Assimilation



Reflection

What messages about my worth have I accepted without questioning?

SURVIVAL & PERFORMANCE

Potential Giants:

- Striving
- Hyper-independence
- Perfectionism
- Productivity-based worth



Reflection

When did rest become unsafe?

RELATIONSHIPS & VOICE

Potential Giants:

- People-pleasing
- Silence
- Fear of conflict
- Self-abandonment
- Emotional suppression



Reflection

What truth am I afraid to say?

SPIRITUAL MISALIGNMENT

Potential Giants:

- Lack of biblical knowledge
- Disconnection from the Word
- Fear
- Doubt
- Religious performance



Reflection

Where am I striving instead of trusting Yah (God)?

MESSAGES I RECEIVED

Growing up, I was taught that success means: _____

I learned that being strong means: _____

Failure meant: _____

To survive, I had to become: _____

WHAT SHAPED ME?

What had the greatest influence on my identity?

☐ Family

☐ Faith community

☐ School

☐ Neighborhood

☐ Society

☐ Media

☐ Historical experience

☐ Personal survival

RETURNING

Remove every title. Remove every role. Remove every achievement. Remove every expectation.

Who remains? Write freely:

YAHUAH (GOD) SAYS

I am created to: _____

I carry: _____

I release: _____

I reclaim: _____

Future generations deserve: _____

DECLARATION

I am more than my struggles.
I am more than performance.
I am more than inherited pain.
I choose restoration.