



Identity Reflection Journal



Section 1: Exploring Your Identity

Becoming a parent is a life-changing experience. While it brings immense joy, it can also lead to profound changes in how we see ourselves. This journal is designed to help you reflect on how your identity has shifted since becoming a parent and to explore your motivation and confidence levels.

Take a quiet moment for yourself and work through the prompts below. There's no right or wrong answer—this is your space for honest self-reflection.

1. How would you describe your identity before becoming a parent?
(Think about your interests, values, priorities, and how you saw yourself.)

2. How would you describe your identity now?
(Reflect on the areas that feel the same and those that have changed.)

3. What do you miss most about your identity before parenthood?

4. What do you appreciate most about your identity now as a parent?



Section 2: Motivation & Confidence Check

On a scale of 1 to 10 (1 being very low and 10 being very high):

1. How motivated do you
feel to pursue your personal
goals and interests outside of
parenting?

• Your score: _____

2. How confident are you in
maintaining your personal
sense of self while embracing
your role as a parent?

• Your score: _____

3. What factors currently
support or hinder your
motivation and confidence?



Section 3: Looking Ahead

1. What would you like your identity to look like in the future? (Describe how you envision a balanced version of your personal identity and parenting role.)

2. What steps do you feel you need to take to rebuild or enhance your sense of identity?

Next Steps

Reflecting is the first step toward reclaiming your sense of self. If you're ready to explore this further, our Identity Course is here to guide you.

This online course is designed for parents like you who want to rebuild their identity, boost their confidence, and feel motivated again. For just £39, you'll gain tools and strategies to transform how you see yourself and your role as a parent.

Visit our website or the link in our bio to learn more and take the next step in your journey.

You deserve to feel like yourself again.

