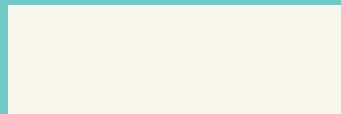


CONNECT COLLECTION
BOOK 31

Identity

Property of NalinikIDS

WRITTEN BY:



This Book

We are all unique individuals—how do you put the “I” in identity? By having the freedom to co-author this book, you can explore the emotions, experiences, and biases that affect your personal and global connection to identity.

This Collection

As part of *Connect Collection Volume 4*, this book is intended to be co-authored by you—the reader! Use the word boxes to spark your imagination, and tap into your own ideas and experiences to bring these pages to life. Through your exploration of *identity*, you will bring your personal understanding to the collection’s valuable lessons and create a unique keepsake. We encourage you to check out more books in the Connect Collection at connectcollection.com.

Property of NalinikIDS

Identity

Identity: the traits that define who or what a person or thing is

Property of NainiKIDS

Identity

Words

Brain	Religion	
Parents	Choices	Imagination
	Pressure	Influence
Culture	School	Friends
Politics		Appearance

Situations

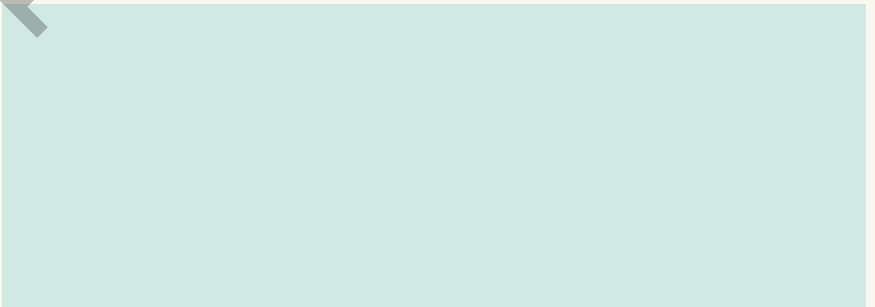
Where I live		My personality
What I decide	What people say to me	What I do

Quotes

"I don't have control over my identity"	"My parents decided that I am..."	"I have to be _____"
---	-----------------------------------	----------------------

This is where my identity comes from:

Anything else?



Property of NalinikIDS

Identity

Words

	School	Every day
Travel	Groups	Experiences
Social media		Birth
Over time	Family	Friends
Learning	Activities	

Situations

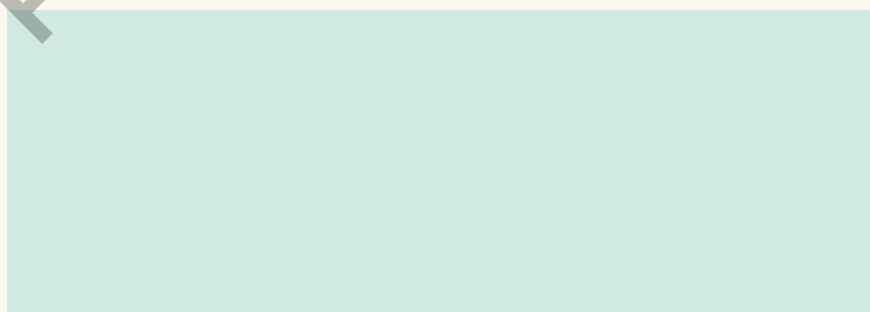
Meeting new people	How someone raised me	
When I discovered what I'm good at	Learning more about myself	When I discovered what I love to do

Quotes

"I'm figuring it out every day"	"When I discovered _____ about myself, it affected my identity"	"[This person] helped me learn about myself"
---------------------------------	---	--

This is when my identity was formed:

Anything else?



Property of NalinikIDS

Identity

Words

Fixed	Religion	Internal
	Family	
Fluid	Friends	External
Social media		Decisions
Culture	Learning	Confidence

Situations

Feeling unsure of myself	Influenced by friends/peers	Discovering skills
	What I read/watch/listen to	Influenced by family

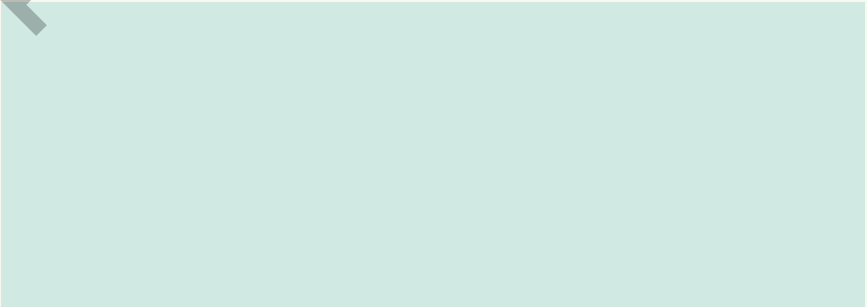
Quotes

"It's okay if I change"	"Changing my identity means I'm doing something wrong"	"I don't know who I am yet"
-------------------------	--	-----------------------------

My identity can/cannot change. Why?

Anything else?

Property of NalinikIDS



Identity

Words

Attitude	Playful	
Shy	Athletic	Funny
	Artistic	Confident
Outgoing	Smart	Interests/opinions
Creative		Emotions

Situations

What I believe	How I interact with others	How I act in school
What my goals are		What I like/dislike

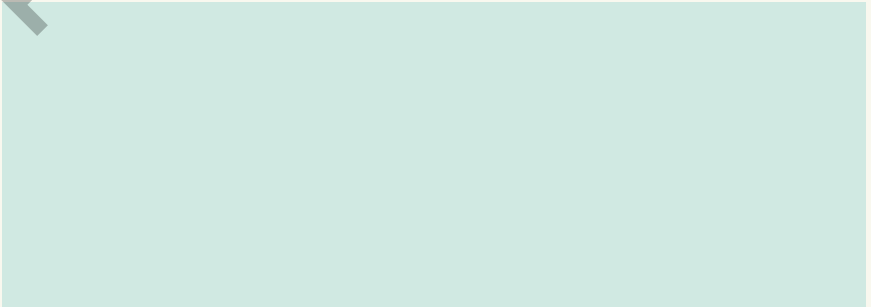
Quotes

"I think, therefore I am"	"Because I like _____, I can be _____"	"Because I have [this trait], it helps or hurts my identity in [this way]"
---------------------------	--	--

This is how my personality impacts my identity:

Property of NalinikIDS

Anything else?



Identity

Words

	Conflicts	Peer pressure
Diversity	Self-doubt	Growth
Religion		Obligations
Culture	Friends	News
Social media	Family	

Situations

What I see/hear/ smell/taste/touch	When people don't understand me	What I want vs. what others want
Multiple versions of myself	Who I am vs. who I'm becoming	

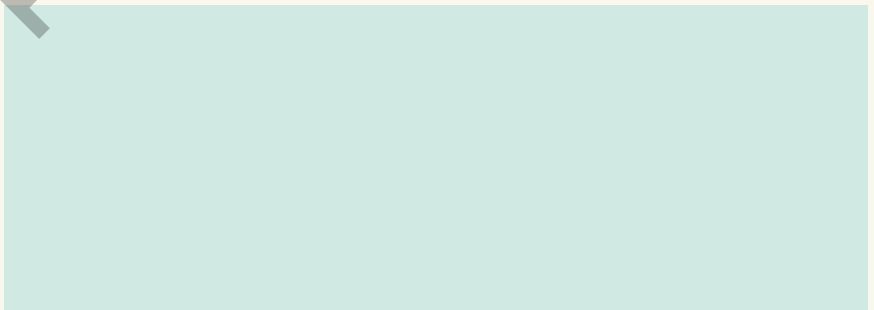
Quotes

"How am I supposed to behave?"	"I like myself as I am, but someone else wants me to change"	"That's what my friends think, but I don't agree"
--------------------------------------	---	---

These factors challenge my identity:

Anything else?

Property of NalinikIDS



Identity

Words

Learning	Sports	Succeeding
	Groups	
Socializing	Confidence	Popularity
Friends		Studying
Family	Acceptance	Changing

Situations

Fitting in		Standing out
Making choices	Feeling understood	Following my dreams

Quotes

<p>“The one thing people don’t understand about me is...”</p>	<p>“I’m unique, and sometimes that’s hard because...”</p>	<p>“I wish people identified with [this part] of my identity”</p>
---	---	---

My identity makes this challenging:

Anything else?

Property of NalinikIDS

Identity

Words

Think	Read	
Create	Write	Learn
	Draw	Explore
Dream	Grow	Laugh
Connect		Succeed

Situations

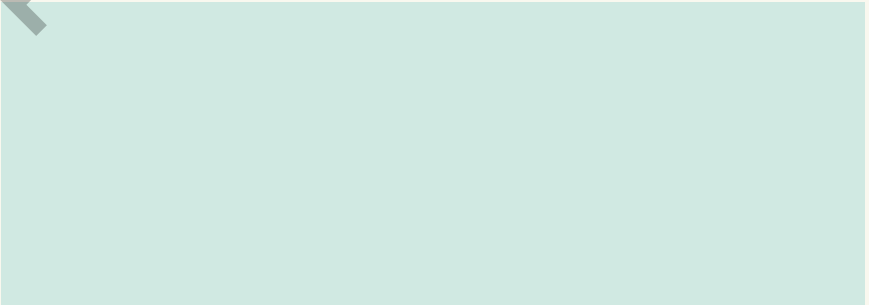
Express myself	Set and achieve a goal	
Try something new	Be a good friend	Play a sport

Quotes

"I have a special talent, which is..."	"Because I am _____, I get to do _____"	"It's easy for me to get ahead in the world, because..."
--	---	--

My identity makes it easier to:

Anything else?



Property of NalinikIDS

Identity

Words

	Gender	Friends
Name	Address	Family
Culture		Appearance
Religion	Personality	Birthday
Activities	Intelligence	

Situations

How I am on social media	My hobbies and activities	What I think about myself
	The people I spend time with	What others think about me

Quotes

"I'm unique, because..."	"Other people influence me"	"What makes me ME is..."
--------------------------	-----------------------------	--------------------------

Pause here.

Before you respond, flip back to page 5! Do any new words, situations, or quotes come to mind that didn't before?

This is how my view of identity has changed or stayed the same:

Property of NalinikIDS



Property of NaliniKIDS

connectcollection.com