



IDENTITY MAPPING WORKBOOK

Humane learning
for real humans

Nikki  Foster-Kruczek

A gentle, non-clinical exploration of identity layers, roles, influences, and personal meaning. Designed to help people understand themselves with compassion, curiosity, and spaciousness — not pressure or fixed definitions.

Section 1 — My Layers

Identity isn't one thing — it's many gentle layers.

Write or draw inside each circle.



Circles to include:

- Inner Self (values, traits, feelings, inner voice)
- Relationships (family, friends, community, chosen people)
- Roles (work, care, creativity, activism, rest)
- Influences (culture, place, experiences, memories)
- Aspirations (who I'm becoming, what I'm growing towards)

Note: You can write, draw, colour, or leave blank. All ways of mapping are valid.



Section 2 What Feels Most Present Today

Choose one layer and explore it gently.

- This part of me feels present because:
- When I listen to this part of myself, I notice:
- When I ignore or silence this part, I feel:

Section 3 My Identity Anchors

These are the things that help me feel like myself.

Write 2–4 anchors:

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Examples: kindness, creativity, humour, rest, community, autonomy, softness, resilience

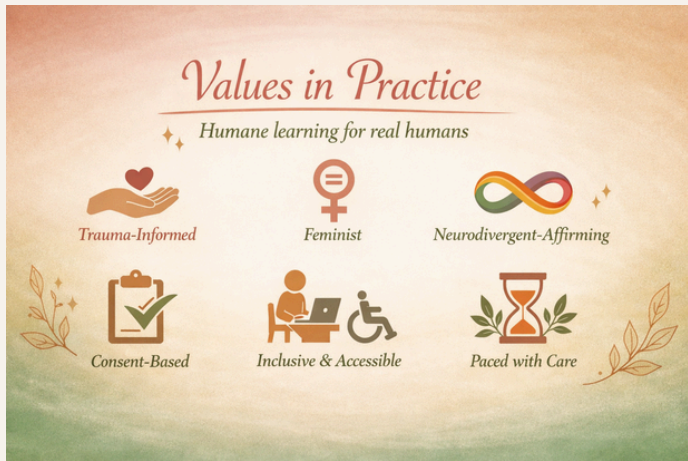
Section 4 — Gentle Reflection

Identity shifts over time. Let this be a moment of noticing.

- One part of my identity I want to honour more:
- One part I'm still figuring out:
- One part I'm ready to soften or release:

You don't have to define yourself neatly. You are allowed to be layered, changing, and beautifully complex.





Nikki Foster-Kruczek is a psychologist, organisational development lead, and feminist researcher specialising in trauma-informed practice, identity, and wellbeing. She designs inclusive, ND-affirming resources, supporting individuals and communities to grow with compassion, clarity, and connection.

