



My Identity Crest

Create a picture of what shaped you and what you choose

Identity is more than what happened to us. Divide a shield into four spaces and fill each with words, symbols or drawings. Use the banner beneath it for the name of this chapter of your life.

Quadrant 1: where I come from

Quadrant 2: strengths I carry

Quadrant 3: people, places or values that matter

Quadrant 4: what I am growing towards

My banner: the name of this chapter

What I notice when I see the whole crest
