Identity Garden

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person wants to reconnect with a neglected interest.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Draw identities as a garden with choices about what to nurture or leave private.

3. What deserves attention without pressure to grow?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.