

Who I Am Becoming

A Transition Identity Reflection

Your transition may be changing more than your circumstances! It may be revealing who you are becoming.

A place to pause...

Change often begins before we have the words to describe it. A shift in work, leadership, relationships, retirement, purpose, or season of life can invite questions about identity not only what is changing, but who we are becoming within the change.

This reflection is not a test and there are no right answers. It is an invitation to slow down, notice what is present, and listen for what may be emerging.

Before you begin

- Choose a quiet place and give yourself permission to be honest.
- Write what is true today; your responses do not have to be polished.
- Notice any words, emotions, or patterns that appear more than once.

Name the transition

What change, decision, or new season is asking for your attention right now?

PART ONE

Who I Was

Honor what shaped you without assuming everything must travel with you.

What roles, experiences, or expectations have shaped how you see yourself?

What strengths, values, or lessons from that season still matter to you?

What part of your former identity may no longer fit the person you are becoming?

PART TWO

Who I Am

Meet yourself honestly in the present not as a finished product, but as a person in motion.

What feels most true about who you are today?

Where do you feel aligned and where do you feel tension or uncertainty?

What do you need in this season that you may not have needed before?

PART THREE

Who I Am Becoming

Turn toward what is emerging with curiosity rather than pressure.

What qualities, values, or ways of leading are beginning to emerge in you?

If you trusted your inner knowing, what might your next season ask of you?

What is one small choice that would honor the person you are becoming?

Your transition invitation

CARRY FORWARD	RELEASE	EMBRACE
What will I keep?	What can I loosen or leave behind?	What am I ready to welcome?

What did you notice?

Reflection creates awareness; conversation can help turn that awareness into direction. If this guide surfaced a question, tension, or possibility you would like to explore more deeply, MVS Solutions offers a supportive space to clarify what is changing and move forward with greater alignment.

Continue the conversation with Coach Ronnie

[Discovery Call](#)

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