



Discussion Guide

Identity

- How did it feel to think about your "identity anchors"? Was it easy? Challenging?
- Share some of your anchors with the group.
- What would people in your life say your "identity anchors" are? If you know someone in the group well, share what you observe their anchors to be.
- Have your anchors shifted based on culture/people/places?
- How can you work to keep your anchors grounded despite where you are?

