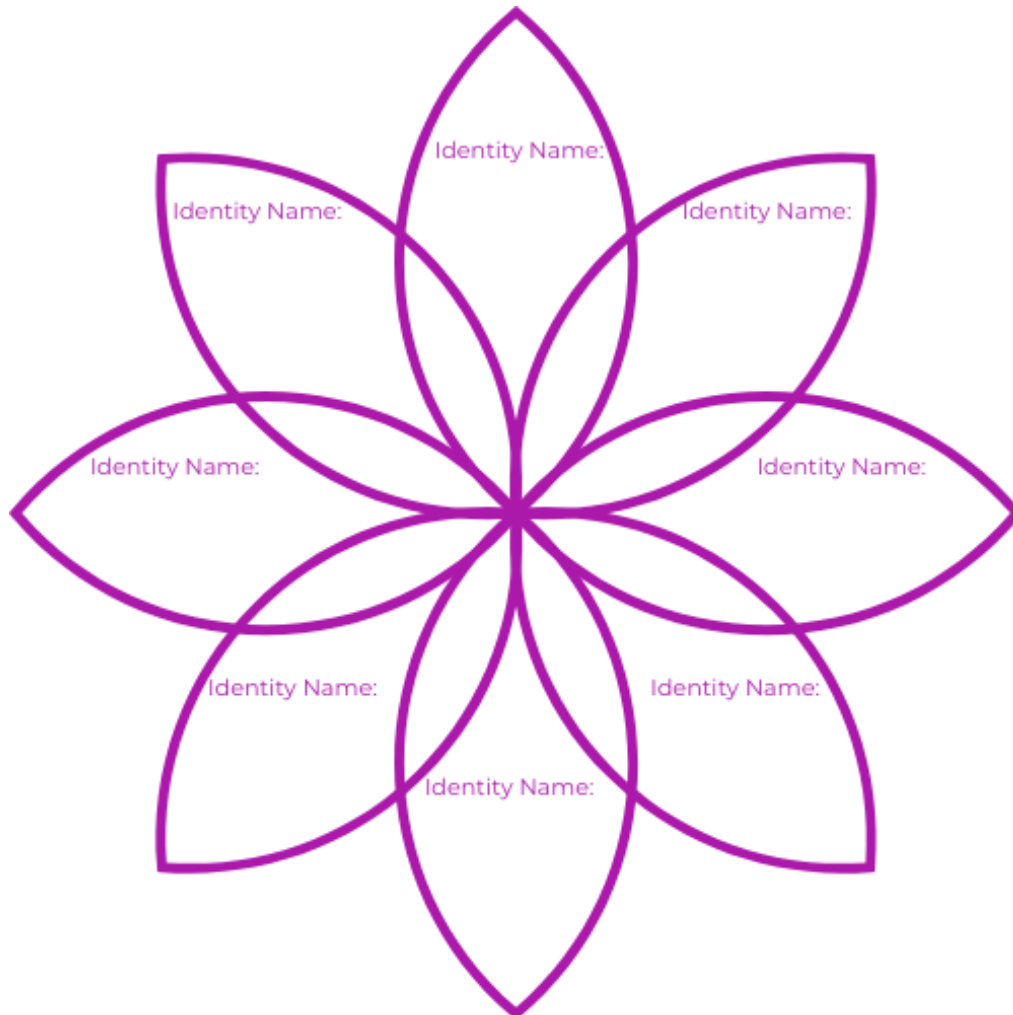


# The Identity Wheel

Who are the women inside you?

Before we can navigate our lives with clarity, we need to know who is doing the navigating. You are not one single self — you are a rich system of identities, each with her own voice, needs, and wisdom. Fill each petal with one of your identities.



Here are some examples

---

## Career / Work

*The Achiever · The Builder · The Expert*

---

## Romantic Partnership

*The Partner · The Lover · The Caretaker*

---

## Future Family

*The Future Mother · The Protector*

---

## Adventure & Growth

*The Explorer · The Learner*

---

## Friendships

*The Loyal Friend · The Connector*

---

## Body & Wellbeing

*The Nurturer · The Athlete*

---

## Family of Origin

*The Daughter · The Eldest*

---



---

**Community & Purpose**

*The Change-Maker · The Leader*

---

**Other / Emerging**

*Name her yourself...*

---

**REFLECTION**

---

**Which 2–3 identities feel strongest or most dominant right now?**

---

---

---

**Which identities feel neglected or suppressed?**

---

---

---

**Where do you notice tension or conflict between two identities?**

---

---

---

**Which identity do you most want to honour in the next chapter of your life?**

---

---

---

You have just done something most women never do.

You have named the women inside you: real parts of you, each with her own voice and her own needs.

What comes next is learning to hear what each identity is trying to tell you — through the emotions she carries, the needs she holds, and the signals your body sends before your mind catches up.

That is the work of the Inner Compass programme. Eight sessions that take you from knowing your identities to leading them.

**Ready to go deeper? Learn more about the Inner Compass programme →**  
**[andreearotaru.ro/forindividuals](https://andreearotaru.ro/forindividuals)**

