

IDENTITY REFLECTION GUIDE

Seeing the Greatness Within

You Are Before You Become



Dr. Amanda Massington
Mandy the Mentor International

Faith • Identity • Purpose • Character • Destiny

WELCOME

A message from Dr. Amanda Massington

Dear Woman,

Before there was a title, there was a woman. Before there was a platform, there was purpose. Before anyone recognized the gift, there was something already working within you. And before you ever had the opportunity to introduce yourself to the world, God already knew you.

**I define my identity through who Jesus Christ says I am.
Scripture reminds us: “I will praise thee; for I am fearfully
and wonderfully made.” — Psalm 139:14**

You were not an accident. You were not an afterthought. You were created intentionally by God.

One of the greatest things I have learned is that the work can be in you before the title is ever given to you. There were things I was already doing before I had the title associated with them. The ability to do the work was already within me because God had placed it there.

That realization changed how I viewed identity. I began to understand that sometimes we spend so much time trying to figure out what we are supposed to become that we fail to recognize what God has already placed within us.

That is why I say: You are before you become.

Before you were born, God knew you. Before you had a title, He knew your purpose. Before you had the language to describe your gifts, He had already placed them within you. And sometimes, before you are able to identify who you are becoming, characteristics of that person are already being displayed through your life.

My desire is that you experience Self-Introspection, Insight, Confirmation, and Growth—and gain a deeper understanding of the greatness within you.

Take your time. Be honest. Reflect deeply. And allow God to reveal what you may have overlooked.

Welcome to your reflection.

Dr. Amanda Massington
Mandy the Mentor

HOW TO USE THIS GUIDE

This guide is designed for reflection, not perfection. You do not have to answer every question immediately. Some questions may produce an immediate response. Others may require you to sit quietly and think.

Give yourself permission to pause. Pray. Write. Reflect. Return to a question if necessary.

Most importantly, answer honestly. This is not about creating the answer you think sounds right. It is about discovering what is true.

You are not trying to become somebody else. You are learning to recognize who God created you to be.

THE IDENTITY REFLECTION JOURNEY

CREATED	Who did God create me to be?
SEEDED	What did God place within me?
RECOGNIZED	What has been showing up in my life?
DEVELOPED	What needs to grow in me?
ACTIVATED	What will I do with what God placed within me?

Your reflection outcome: Self-Introspection → Insight → Confirmation → Growth

CREATED

Before you became, you were known. Identity begins with God. Before your family knew your name, God knew you. Before the world had an opinion about you, God had already formed you.

What does “fearfully and wonderfully made” mean to me personally?

What happens to my perception of myself when I remember that God intentionally created me?

What areas of my identity have I allowed circumstances to define?

What would change if I began seeing myself through God's perspective?

SEEDS

A seed does not look like the tree it will become, but the potential is already inside the seed. There may be qualities, gifts, abilities, ideas, burdens, passions, and characteristics within you that have not reached their full expression.

What did I naturally find myself doing before I had recognition, credentials, or titles?

What did people naturally come to me for?

What did I seem to understand intuitively?

What did I do even when nobody was applauding?

What did I care about before I understood why?

Before I had the title of _____, I was already _____.

RECOGNIZED

Many people will display characteristics of who they are becoming before they are able to identify who they are becoming. Sometimes the evidence appears before the explanation.

What characteristics have repeatedly shown up throughout my life?

What have people consistently noticed about me?

What have I consistently noticed about myself?

Is there something I have been doing for years that I never considered a gift?

What patterns do I see in my life?

Could some of the things I have considered “just the way I am” actually be evidence of something God placed within me?

THE IDENTITY REFLECTION

Take a moment to reflect on the difference between what you see, what you believe, what God says, and what you are becoming.

WHAT I SEE — When I look at myself, I see...

WHAT I BELIEVE — What do I currently believe about myself?

WHAT GOD SAYS — What does Scripture tell me about who I am?

WHAT I AM BECOMING — Based on what I have discovered, I believe I am becoming...

What is one thing you see in yourself differently now than you did before beginning this guide?

THE LABELS

Sometimes we carry labels so long that we forget they were never our identity. A label can come from family, relationships, rejection, failure, comparison, culture, circumstances, or our own mistakes. Not every label deserves permission to remain.

What label have I carried?

Where did this label come from?

How has it influenced how I see myself?

Is this label consistent with what God says about me?

What truth replaces this label?

I have carried the label of _____, but I now recognize _____.

THE GREATNESS WITHIN

I want you to gain a deep understanding of the greatness within you. This requires introspection. Greatness is not about believing you are better than someone else. It is recognizing that God has placed value, capacity, gifts, purpose, and potential within you.

What are three things I know I do well?

What do I believe makes me uniquely me?

What life experiences have developed wisdom within me?

What have I learned that I could teach someone else?

What strength did I gain through something difficult?

A gift I recognize in myself is...

A heart I carry is for...

A passion I carry is for...

DEVELOPED

Discovering your gift is only part of the journey. Development matters. Your gift may open a door, but character, wisdom, discipline, maturity, and integrity matter once you walk through it.

Where am I growing?

Where do I need greater patience?

Where do I need greater discipline?

Where do I need greater wisdom?

Where do I need greater humility?

Where do I need greater courage?

Where do I need greater discernment?

What correction do I need to receive?

What if God is developing me for something I cannot fully see yet?

PURPOSE

I believe women can misunderstand identity when they fail to recognize that everyone has been graced with a unique purpose—including them. You do not have to imitate another woman to have purpose.

What moves my heart?

Who do I naturally want to help?

What problems am I passionate about solving?

What conversations consistently interest me?

What do I find myself teaching others?

What burden keeps returning to me?

What do I believe God may be inviting me to pursue?

I believe God has graced me with the ability to...

I believe I am called to serve...

CONFIRMATION

Reflection should produce insight. Insight can produce confirmation. Review what you have written and notice what has become clearer.

I now recognize that I am...

A gift I recognize more clearly is...

A characteristic that has been present in me for years is...

Something I previously overlooked about myself is...

Something I now understand differently is...

A truth I need to remember is...

What has been confirmed for me through this reflection?

GROWTH

Knowing who you are does not mean you have arrived. You can know your identity and still have areas that need growth. Growth is not proof that you failed. Growth is evidence that you are developing.

What will I release?

What will I develop?

What will I learn?

What will I practice?

What will I activate?

What is one area of my character I will intentionally develop?

ACTIVATE

At some point, reflection must become action. You have looked, considered, identified, and reflected. Now it is time to activate.

One thing I will begin:

One thing I will stop:

One thing I will continue:

One gift I will intentionally develop:

One area of character I will work on:

One step toward my purpose I will take:

Someone who can hold me accountable:

GO

Growth was never meant to end with you. As you grow, you become better equipped to serve. Your experience can become wisdom. Your wisdom can become instruction. Your gift can become service. Your purpose can become impact.

Who will benefit from my growth?

What do I want people to experience because I walked in my purpose?

What do I want my life to communicate?

What legacy am I beginning to build?

How will I live out “Grow so you can GO™” in this season?

MY IDENTITY DECLARATION

Write your personal declaration. Use the discoveries you have made throughout this guide.

I am...

I was created to...

God has placed within me...

I am developing...

I am called to...

I will no longer allow...

I will begin...

I will use my gifts to...

I am becoming...

THE DIAMOND DECLARATION

I am not defined by my past.
I am not defined by rejection.
I am not defined by comparison.
I am not defined by a title.
I am not defined by a season.
I am not defined by someone else's opinion of me.

I am a creation of God.
I am fearfully and wonderfully made.
There is purpose within me.
There are gifts within me.
There is potential within me.
There is greatness within me.

I will not despise the process of becoming. I will allow God to develop me. I will recognize what He has placed within me. I will cultivate what He has given me. I will walk in purpose. I will grow. I will become. And I will go.

I AM BEFORE I BECOME.

30-DAY IDENTITY ACTIVATION PLAN

Choose one identity-based action for each week. Keep your commitments simple enough to practice and meaningful enough to matter.

WEEK	MY FOCUS	MY ACTION	MY ACCOUNTABILITY
1			

2			
3			
4			

One thing I am committed to remembering for the next 30 days:

THE WOMAN IN THE MIRROR

Return to the mirror. Look at yourself again. What do you see? Do you see the woman who is still becoming? Do you see the woman who has grown? Do you see the woman who carries gifts? Do you see the woman who has purpose? Do you see the woman God created?

What do I see now?

What has changed in the way I see myself?

What do I know about myself now that I did not know when I began?

A FINAL WORD FROM MANDY

Dear Woman,

I hope you understand something by now: There is more to you than what you have experienced. There is more to you than what someone said about you. There is more to you than what you have accomplished.

There is more to you than what you have failed to accomplish. There is more to you than a title. There is more to you than a season.

There is something within you that deserves to be discovered, developed, and activated.

Do not rush your becoming. Do not despise your beginning. Do not compare your journey. And do not overlook the evidence of what God has already placed inside of you.

You are before you become.

Before you were born, God knew you. Before you were recognized, He knew you. Before you were prepared, He knew what He placed within you.

Now your responsibility is to discover, develop, activate, and go.

There is greatness within you. Take the time to see it.

With purpose,
Dr. Amanda Massington
Mandy the Mentor

MY COMMITMENT

I commit to becoming more intentional about knowing who I am in Christ, recognizing what God has placed within me, developing my character and gifts, and walking in the purpose for which I have been created.

I understand that becoming is a process. I give myself permission to grow. I give myself permission to learn. I give myself permission to develop. I give myself permission to become.

Signature: _____

Date: _____

IDENTITY REFLECTION COMPLETION

**I LOOKED IN THE MIRROR.
I REFLECTED.
I DISCOVERED.
I GAINED INSIGHT.
I RECEIVED CONFIRMATION.
I CHOOSE GROWTH.**

AND NOW... I GO.