

WHO AM I NOW?

Rediscovering identity when your
former life no longer fits

The life you planned may have
changed.

Your purpose is not over.

*"Fear not: for I have redeemed thee, I have called thee
by thy name; thou art mine."*

ISAIAH 43:1 KJV

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When You No Longer Recognize Your Own Life

After 30 years in corporate America, much of the language I used to describe myself came from work: leader, strategist, problem-solver, and provider. Then job loss, Tim's life-threatening illness, his resulting disability, and my full-time caregiving responsibilities changed nearly every part of the future I expected.

The disruption was not only practical. It reached into identity. I had to ask who I was when the titles, routines, income, independence, and plans that once made life feel recognizable no longer fit.

God did not ask me to pretend those losses were small. He began teaching me that a role can end without erasing the person who carried it. I was still His. My faith, experience, values, voice, love, and capacity to serve had not disappeared. They would be expressed differently in this season.

This guide is for the woman asking, Who am I now? It will help you grieve what changed, separate your worth from your former roles, recognize what remains true, and take one faithful step toward the life you are living now.

You do not need to invent a new identity today. Begin by telling the truth about what changed and remembering what change did not take from you.

With faith,

Angela Conner Foland

A changed role is not an erased identity.

THIS GUIDE IS FOR YOU IF...

- job loss, retirement, or a career pause changed how you see yourself;
- caregiving or illness replaced familiar routines and freedom;
- divorce or another relationship change altered family life;
- children leaving home or changing responsibilities created an unfamiliar season;
- you feel disconnected from the woman you used to be.

You Are More Than the Roles You Held

ROLES CAN BE MEANINGFUL WITHOUT BEING THE WHOLE OF YOU

“For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.”

EPHESIANS 2:10 KJV

A role can shape your days, relationships, income, confidence, and sense of belonging. When it changes, grief is natural. But a role answers part of what you did; it does not contain the whole truth of who you are.

1 ROLES ARE REAL

Professional, spouse, parent, caregiver, provider, volunteer, leader, patient, and helper are meaningful roles. They can carry responsibility, love, and purpose.

2 ROLE LOSS IS REAL

A transition can remove routine, recognition, income, authority, community, freedom, or a future you expected. You are allowed to grieve those losses.

3 IDENTITY RUNS DEEPER

Your identity also includes your relationship with God, values, character, wisdom, gifts, story, choices, and the way you love and respond.

4 THIS SEASON MATTERS

Your present capacity, needs, boundaries, and responsibilities deserve honesty. A different pace or expression of purpose does not make your life less meaningful.

SEPARATE THE ROLE FROM THE PERSON

I used to describe myself as:

Beneath that role, I was someone who:

That role allowed me to express:

Those qualities may still be present through:

GIVE YOURSELF PERMISSION TO BE HONEST

You do not have to turn every loss into a lesson before you are ready. The first work is simply to distinguish what ended from the person who remains.

A TRUTH TO CARRY FORWARD

You may no longer hold the same role, but the wisdom, character, love, and experience formed within you still belong to your story.



Name the Identity That Changed

GRIEVE THE ROLE WITHOUT LETTING IT TELL THE WHOLE STORY

"To every thing there is a season, and a time to every purpose under the heaven."

ECCLESIASTES 3:1 KJV

Identity disruption often begins with a role, relationship, ability, routine, or future that no longer fits. Naming it helps you understand what you are grieving and where a former label may be shaping the way you see yourself.

WORK + PROVISION

- ☐ Job title, professional standing, or career path
- ☐ Income, provider role, or financial independence
- ☐ Team, routine, influence, or sense of competence

RELATIONSHIPS + FAMILY

- ☐ Marriage, partnership, friendship, or family structure
- ☐ Parenting, grandparenting, caregiving, or household role
- ☐ Being needed in the way you once were

HEALTH + INDEPENDENCE

- ☐ Physical ability, energy, memory, mobility, or health
- ☐ Freedom to travel, work, drive, plan, or live independently
- ☐ Confidence in what your body or mind could do

SELF-IMAGE + FUTURE

- ☐ The strong one, the achiever, the fixer, the helper, or the dependable one
- ☐ Status, recognition, usefulness, or belonging
- ☐ The future version of yourself you expected to become

The role or identity I miss most is:

What that role gave me was:

What I fear its loss says about me is:

The label I need to question or release is:

A TRUTH TO CARRY FORWARD

A changed role may explain part of your grief. It does not have the authority to define your entire worth, identity, or future.



Examine What Remains True

IDENTIFY WHAT TRANSITION DID NOT TAKE FROM YOU

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

PSALM 139:14 KJV

This is not an attempt to recreate the old life or minimize what was lost. It is an inventory of what remains true about God, about you, and about the life still entrusted to you.

IN YOUR RELATIONSHIP WITH GOD

- ☐ You are known, seen, and invited into God's presence
- ☐ You can seek wisdom, comfort, correction, and direction
- ☐ A difficult season does not make you invisible to Him

WITHIN YOU

- ☐ Values, character, faith, compassion, and integrity
- ☐ Experience, knowledge, skills, and hard-won wisdom
- ☐ Curiosity, creativity, humor, voice, and the ability to learn

AROUND YOU

- ☐ People who love, know, encourage, or need you
- ☐ Resources, communities, and support that may be available
- ☐ Responsibilities and choices that still belong to you

FOR THIS SEASON

- ☐ Your honest capacity, needs, limits, and boundaries
- ☐ The right to move at a pace that fits present reality
- ☐ One faithful response to what is in front of you today

Five things that remain:

I am still someone who:

One value I want to carry forward:

One strength others have seen in me:

One lesson from a former role that still matters:

A TRUTH TO CARRY FORWARD

What remains may not rebuild the life you had. It can become part of how you live faithfully, love deeply, and use your experience now.



eXplore Who You Are Becoming

LET ENDURING QUALITIES TAKE A DIFFERENT FORM

"Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ."

PHILIPPIANS 1:6 KJV

To eXplore is not to invent a more impressive version of yourself. It is to notice how qualities God has formed in you may be expressed differently within your present responsibilities and capacity.

1 REFRAME A STRENGTH

Leadership may become mentoring. Problem-solving may become advocacy. Hospitality may become one honest conversation. Teaching may become a written resource.

2 NOTICE WHAT HAS BEEN QUIET

A long-neglected interest, gift, question, or creative practice may still be present. You can notice it without turning it into a new obligation.

3 DESIGN FOR CAPACITY

A meaningful life may need a flexible, supported, home-based, seasonal, slower, or more private form. Build from reality rather than pressure.

4 TRY A SMALL EXPERIMENT

Have one conversation, take one class, outline one idea, volunteer briefly, practice one boundary, or spend twenty minutes using a gift you miss.

POSSIBLE NOW

POSSIBLE LATER

RELEASE FOR NOW

A quality or gift I want to express again:

A different form it could take now:

Something I am curious about, without committing:

What my capacity requires me to honor:

A QUIETER SEASON CAN STILL BE FORMATIVE

Rest, recovery, caregiving, grieving, learning, and receiving help are not empty spaces. They may be part of who you are becoming.

A TRUTH TO CARRY FORWARD

You are not starting from nothing. You are carrying forward a lifetime of faith, experience, values, relationships, and lessons into a changed season.



Take One Identity-Affirming Faithful Step

CHOOSE AN ACTION THAT REFLECTS WHO YOU ARE NOW

"Thy word is a lamp unto my feet, and a light unto my path."

PSALM 119:105 KJV

You do not need to solve your identity with one decision. Choose one action that honors God, reflects something true about you, and fits the life and capacity you have today.

THE FAITHFUL-STEP TEST

- ☐ Honors God and aligns with my values
- ☐ Reflects something true about who I am
- ☐ Fits my current physical and emotional capacity
- ☐ Is specific and small enough to begin
- ☐ Can be started within the next seven days
- ☐ Does not require certainty about the entire future

POSSIBLE IDENTITY-AFFIRMING STEPS

- ☐ Write one sentence about myself without leading with a former role
- ☐ Spend twenty minutes using a gift I miss
- ☐ Ask someone trustworthy what strengths they still see in me
- ☐ Set one boundary around explanations or expectations
- ☐ Gather my skills, stories, or experience in one place
- ☐ Seek pastoral care, coaching, counseling, or practical support

TODAY

WITHIN 48 HOURS

WITHIN SEVEN DAYS

My identity-affirming faithful step is:

The fear or obstacle I may face is:

The support I will ask for is:

Before I begin, I will pray:

A TRUTH TO CARRY FORWARD

A small action can become evidence that your life is still moving, your voice still matters, and your purpose can be expressed in a new way.

My Identity Inventory

GATHER WHAT REMAINS, WHAT MATTERS, AND WHAT MUST BE HONORED

Write what is true, even if it feels ordinary. Words such as faithful, compassionate, resourceful, wise, creative, honest, persistent, learner, advocate, encourager, and protector may help you begin.

Roles I have held:

What those roles taught or formed in me:

Qualities and character I still carry:

Values I want my life to reflect now:

Gifts, skills, wisdom, or experiences I can carry forward:

Needs, limitations, and boundaries I must honor:

People who see me clearly and safely:

Words they might use to describe me:

LOOK FOR EVIDENCE, NOT PERFECTION

Use moments from your actual life. When have you shown courage, patience, discernment, tenderness, persistence, leadership, creativity, or faith? Identity becomes clearer when it is connected to lived evidence.

A TRUTH TO CARRY FORWARD

You do not have to be productive, visible, independent, or needed in the same way to remain a person of dignity, value, and purpose.

My “Who I Am Now” Statement

NAME WHAT CHANGED, WHAT REMAINS, AND HOW YOU WILL LIVE NOW

“Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.”

PSALM 16:11 KJV

Although _____ has changed,

I am still _____.

God has formed in me _____.

The values I want to carry forward are _____.

In this season, I need to honor _____.

I am open to becoming _____.

My next faithful step is _____.

A PRAYER FOR THE WOMAN ASKING, “WHO AM I NOW?”

Father,

You know me beyond every title, role, relationship, achievement, limitation, and loss. You see the life I expected and the life I am living now.

Help me grieve what ended without believing that I ended with it. Separate my worth from productivity, income, recognition, health, relationship status, and how much I can do for other people.

Remind me that I am Yours. Show me which parts of my former life to release, which lessons to carry forward, and which possibilities to eXplore. Teach me to honor my present capacity without shame.

Give me courage to live truthfully in this season. Lead me toward the next faithful step, and help me trust that a different life can still hold love, meaning, service, and purpose.

In Jesus' name, Amen.

The sentence I most need to believe is:

The truth I will return to this week is:

Your Roles May Change. Your Identity Is Still Held.

RETURN TO THESE TRUTHS WHEN THE OLD LABELS FEEL LOUDER THAN WHAT REMAINS

1 I can grieve a former role without believing that my best or most meaningful life is over.

2 My worth is not measured by productivity, income, status, health, relationship status, or how much I do for others.

3 What I learned, loved, built, and survived still belongs to my story.

4 I can receive help, live at a different pace, and honor limits without becoming less valuable.

5 I do not need a complete new identity or a permanent life plan today.

6 God can express purpose through my life in different roles, seasons, relationships, and forms of service.

7 I am allowed to use honest language for who I am now, even while I am still becoming.

8 My story is still being written. God is not finished with my story.

RETURN TO THE NEXT FRAMEWORK

N - Name the identity that changed. **E** - Examine what remains true. **X** - eXplore who you are becoming. **T** - Take one identity-affirming faithful step.

The truth I am carrying forward:

The life you planned may have changed.
Your purpose is not over.

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