

The Identity Discovery Deck™

Youth Edition

How to get the most from Your Identity Discovery Deck

If you've already been through the Deck, here are some ways to significantly increase the impact and value of your experience.

Build on your special strengths



The top 5-10 1s you pick are important strengths in their own right. Look upon them as your “identity muscles” to be exercised in a variety of situations that call for you to bring the best of you to the task, or challenge at hand – for example, with a school project, or community activity.

Dig into your discards



You can learn a lot about yourself by taking a close look at your 3s – those cards you discarded, which represent activities that “just don't do it for you.” Are these activities ones you just don't like, or are there other reasons you shied away from them? Take another look. See what emerges.

Turn your Deck into a success tool



Sharpen how you communicate what you're really good at and how you can make a difference. Use the insights from the Deck to pick the right major, write a more authentic essay, or conduct a more memorable interview. If you're about to look for a job, use the Deck to improve your Summary statement on your resume – even how you present yourself on social media sites, like Facebook, so you set yourself apart in meaningful ways.

Create an identity support community



Connect with others who have also experienced the Identity Discovery Deck and who can speak the *language of identity* with you. Put together a few such teens or college students and you now have an informal community of like-minded individuals who can understand and support one another.

Make the decks a family affair



One of the most popular truisms today is that teens and parents speak ‘different languages’ and, thus, have a hard time connecting. With an Adult Edition as well as a Youth Edition available, family members can do the Deck together, with the aim of having more meaningful conversations about what's really important and why.

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