

Label Origin Tracker

A worksheet from *The Precious Gift* by Joe Asiba

You carry names that were given to you before you could decide whether they were true. 'The responsible one.' 'Too sensitive.' 'Not enough.' This tracker helps you trace each label back to its source — so you can decide which names to keep and which to release.

Instructions

For each label, trace it back: Who gave it to you? When? What was happening? Then ask: Is this still true? Do I want to carry this? Some labels were protection. Some were projection. Name the difference.

Label 1

The label / name:

Who gave it to me?

(A parent, sibling, teacher, partner, culture, church, yourself...)

When and where? (How old were you? What was happening?)

How has this label shaped my behaviour?

Keep / Release / Rename?

If renaming — what is the true name?

Label 2

The label / name:

Who gave it to me?

(A parent, sibling, teacher, partner, culture, church, yourself...)

When and where? (How old were you? What was happening?)

How has this label shaped my behaviour?

Keep / Release / Rename?

If renaming — what is the true name?

Label 3

The label / name:

Who gave it to me?

(A parent, sibling, teacher, partner, culture, church, yourself...)

When and where? (How old were you? What was happening?)

How has this label shaped my behaviour?

Keep / Release / Rename?

If renaming — what is the true name?

Label 4

The label / name:

Who gave it to me?

(A parent, sibling, teacher, partner, culture, church, yourself...)

When and where? (How old were you? What was happening?)

How has this label shaped my behaviour?

Keep / Release / Rename?

If renaming — what is the true name?

Label 5

The label / name:

Who gave it to me?

(A parent, sibling, teacher, partner, culture, church, yourself...)

When and where? (How old were you? What was happening?)

How has this label shaped my behaviour?

Keep / Release / Rename?

If renaming — what is the true name?

Label 6

The label / name:

Who gave it to me?

(A parent, sibling, teacher, partner, culture, church, yourself...)

When and where? (How old were you? What was happening?)

How has this label shaped my behaviour?

Keep / Release / Rename?

If renaming — what is the true name?

Reflection

Which label has had the most power over your life?

Write a sentence releasing it:

(Example: 'The name "not enough" was given to me by fear. It was never my name. I release it today.')

"You will be called by a new name that the mouth of the Lord will bestow." — Isaiah 62:2