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Traveling with documents that reflect your sex assigned at birth but not your actual appearance or lived habits takes extra time and energy. My passport received less scrutiny from TSA agents after I gained 100lbs and a full beard than it did when I didn't "look like" the gender listed in it.

Not everyone appears to be the sex they were assigned at birth. Whether they're intersex or transgender or just happen to have features and preferences that don't align with how most people see or think of a given gender, some people need to be able to walk away from the label given to them at birth by a doctor who knew nothing about them except the configuration of their external genitalia. Babies generally do not get genetically tested before the birth certificate is signed, declaring them to be one thing or another. It's entirely possible for a doctor to choose the wrong one, and for that to later need to be corrected somehow.

If that can't be corrected on legal ID, it becomes difficult to travel, rent a car or hotel, purchase alcohol or cigarettes or firearms, enter a bar or other age-restricted area, and so on. In more conservative areas, it can also result other people becoming violent and obsessive.

Switching from "gender" to "sex assigned at birth" just doesn't make a lot of practical sense for a lot of people.