

## Identities and Your Who

How do we determine what contributes to who we are? This exercise invites you to examine how identities developed and evolved in your lifetime as one framework to answer this question.

### Instructions

1. Use the Identity Wheel, Personal History Worksheet, or a framework of your choosing to name your own past and current identities.
2. Use the Identities Questions, Identities Worksheet, or a framework of your own choosing to examine how these identities have shaped you. This includes identities that were important in the past, even if those identities feel contrary to who you are today.
3. It is not necessary to examine identities that do not feel important to you.

### Identity Wheel





