

# Exploring My Identity

Name:

**Directions:** In this activity, you will dive more deeply into your identity. Remember that we can define identity as the qualities, characteristics, and beliefs that make you who you are. Each person's identity is unique. Your identity can be shaped by many factors including your life experiences and the other people around you. Be sure to take some time to reflect on yourself before answering each question.

## TOPIC 1: SELF-PORTRAIT

Circle all of the words that you would use to describe yourself.

Artistic	Brave	Caring	Loyal	Helpful	Friendly	Patient
Funny	Positive	Witty	Warm	Strong	Athletic	Determined
Curious	Smart	Kind	Honest	Quiet	Generous	Motivated

Are there words not on this list that you would add? If yes, jot them below.

Think about how others would describe you. What words might they choose? Put a check next to the words you circled or wrote above if you think others would use those words, too.

Are there words that people would use to describe you that aren't listed? If yes, jot them below.

How would you describe what you look like?

Which parts of your identity do you feel comfortable sharing with others?

Which parts of your identity have you not yet shared, or do not want to share, with others?

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### TOPIC 2: RELATIONSHIPS

Which family members are significant/important to you? How are they connected to who you are?

Which friends have helped shape who you are? Describe in what ways have they impacted your life.

### TOPIC 3: HOME/NEIGHBORHOOD

How has where you have lived (now or previously) shaped who you are as a person?

What makes your home/neighborhood special to you?

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### TOPIC 4: GROUPS/ORGANIZATIONS

What hobbies or activities do you enjoy doing with others (ex. ballet, gaming, art making, etc.)? How do they shape your identity?

What groups or organizations are you part of (ex. scouting troops, marching band, sports team, religious groups, etc.)? How does belonging to them shape your identity?

### Topic 5: Larger World

What are your hopes and dreams for the future?

What do you belong to that is bigger than you? (ex. Your cultural background, a part of the world bigger than your neighborhood, etc.)