Identity Wheel Worksheet

The Identity Wheel is a resource to help you name your dominant and non-dominant identities.

**STEP 1: CREATE**

Using the space below draw a circle with 8 equal slices.

**STEP 2: WRITE**

Review the social identity categories and write in the aspects of your identity that resonated most with you. Leave room to add notes later.

**Social Identity Categories:**
- Race
- Ethnicity
- Religion / Spirituality
- Age
- Weight
- Class
- (Dis)ability
- Gender
- Gender identity
- Sexual orientation
- Nationality
- Immigration status
- (Something Else)

**STEP 3: REFLECT**

Add symbols to answer 4 questions:

- Which identities do I think about the most often?
- Which do I think about least often?
- Which identities most impact how I view myself?
- Which do I think have the biggest impact on how others view me?

**Symbols For Reflection:**
- ★ Think About Most Often
- ▲ Think About Least Often¹
- ♦ Impact How I View Myself
- ■ Impact How Others View Me²

¹ A delta symbol represents how this is an potential opportunity for change
² A box symbol represents how people are put into boxes - think more about how those boxes are constructed