

Identity Wheel Worksheet

Modified by ProInspire from
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College of LSA Inclusive Teaching Institute

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

STEP 1: CREATE

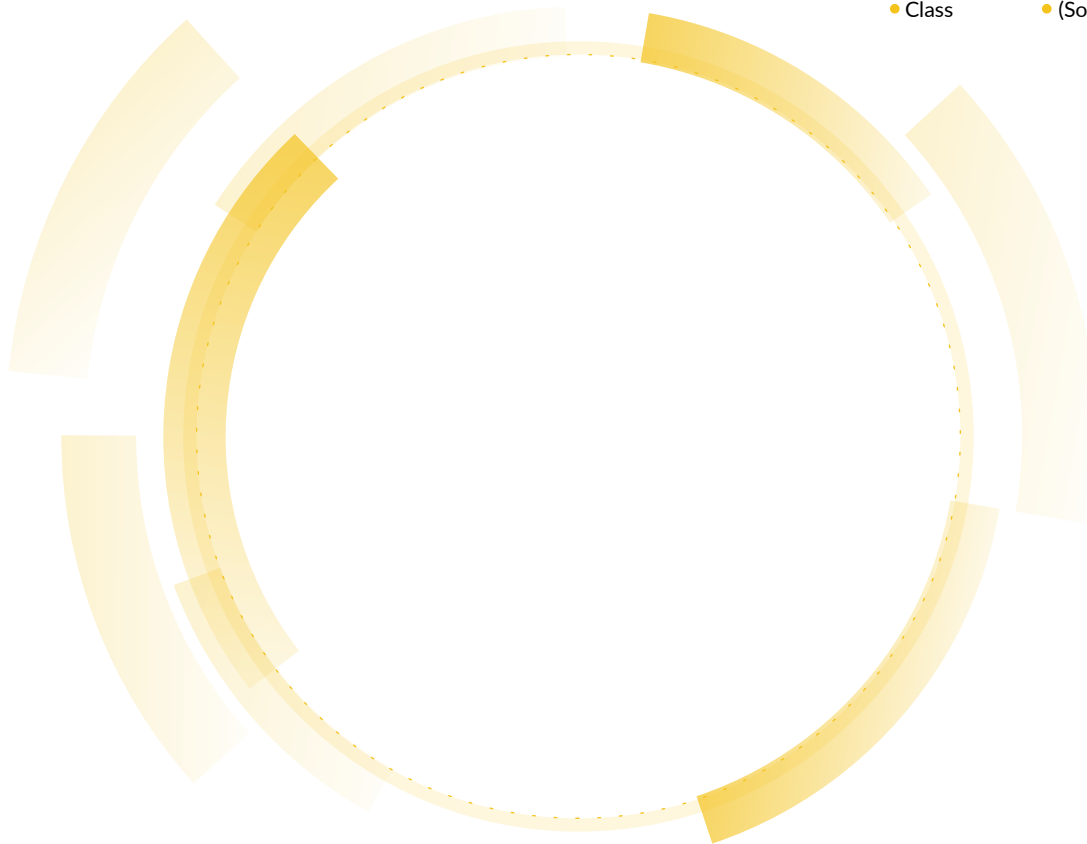
Using the space below **draw** a circle with 8 equal slices.

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

¹A delta symbol represents how this is a potential opportunity for change

²A box symbol represents how people are put into boxes - think more about how those boxes are constructed