

## Figure 2.1: Brainstorming the Identity Map

**Directions:** Design an identity web using a series of *I am* statements to create a visual representation of who you are. To help you think about your identity, the following is a list of some of the things that make up a person's identity. Please do *not* feel limited by this list. Remember, your identity is simply *who you are*, and *you* are the person who gets to define yourself!

Your identity is often composed of many things, including but not limited to the following.

- Cultural background
- Education
- Abilities
- Religion or spiritual practice
- Family
- Pets
- Who you love
- Body size
- Jobs
- Strengths
- Challenges
- Personality traits
- Tendencies
- Family role (sister, brother, nephew, and so on)
- Home language
- Economic status
- Family structure (number, parents, role)
- Hobbies or passions
- Handedness (right, left, or ambidextrous)
- Hair color and texture
- Interests

*Source: Adapted from Pandolpho, B., & Cubano, K. (2023). Choose your own master class: Urgent ideas to invigorate your professional learning. Solution Tree Press.*