

IDENTITY EXERCISE

You are a leader. You also hold many other identities based on your group memberships, beliefs, values, interests, experiences, and strengths. Knowing who you are connects to your motivation.

Complete some or all of the following sentence stems with as many responses as you can to identify yourself.

I am someone who . . .

I am someone who believes . . .

I am someone who likes . . .

I am someone who belongs as a . . .

I am someone who can . . .

How do your responses about your identity inform your motivation as a leader in this class?

What emotions came up for you as you completed this exercise? (Use the Mood Meter or other chosen tool.) Explain why you think you felt that way. You may use the sentence stem *When I wrote _____, I felt _____ because . . .*