Identity Wheel Worksheet

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Step 1: Create
Draw a circle and add 8 equal slices.

Step 2: Write
Write in aspects of your identity across different social identity categories in each slice. 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 Often
❤ Impact How I View Myself
☐ Impact How Others View Me

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