

Identity Wheel Worksheet

Modified by Namira Islam Anani from [Nicole Clark Consulting and University of Michigan College of LSA Inclusive Teaching Institute](#)

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

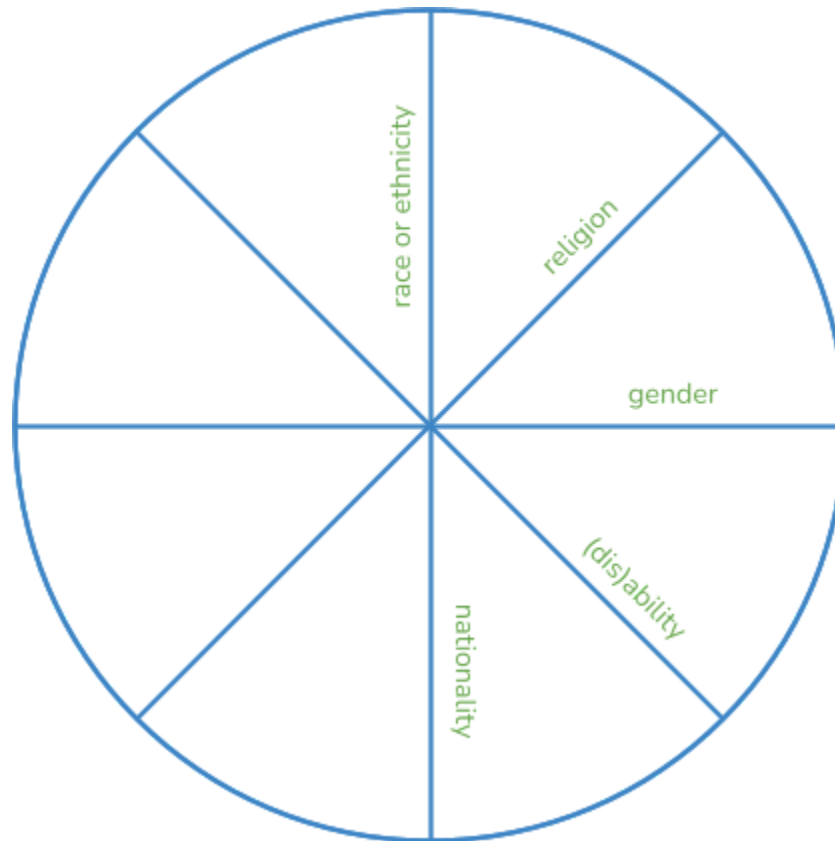
Gender identity

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 Often¹
- ♥ Impact How I View Myself
- Impact How Others View Me²

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

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