

# IDENTITY WHEEL

## Instructions:

Try to complete the identity wheel as quickly as you can and reflect after completion.

To complete your identity wheel:

1. To begin, write your name in the middle circle.
2. In the surrounding circles, identify the subcultures to which you belong.

To help you get started, below is a list of suggestions. Add as many identities as you think describe you and use the language you prefer to describe those identities.

- Possible subcultures and identities:  
religion/spirituality, nationality, race, sexual identity, ethnicity, occupation, marital status, age, social class, education, gender, language, ability/health, socioeconomic status.

