

IDENTITY REFLECTION WORKSHEET

Importance

(Scale of 1-10)

Identity Marker

Answer

(Keep simple)

First Name (What you go by)	_____
Family Name (Last name)	_____
Ethnicity / Race	_____
Age	_____
“Home Town”	_____
Nationality	_____
Religion	_____
Denomination	_____
Sex (biological)	_____
Gender	_____
Attracted to	_____
Vocational Identity (job, work, purpose)	_____
Hobbies / Skills	_____
Physical Health	_____
Mental Health	_____
Birth Order (only, oldest, etc..)	_____
Political Affiliation	_____
Financial / Social status	_____
Social Groups (Clubs, teams, etc.)	_____
Educational Status (degrees, rank, etc.)	_____
Survivor of (traumas, health, etc.)	_____
Life Events / History	_____
Other (what impacts you?)	_____
Other (what impacts you?)	_____

Questions:

- What identity markers do you think are missing from this list? (You can add them in the “Others” lines)
- Using your rankings as a guide, go back and identify a top 10, then put the top 5 in order or most impactful on your identity. In other words, which 5 things are most impactful or central to your personal identity. Ties are ok in one spot but try to differentiate the other three.
- Look back over your list and circle or highlight those factors that you have chosen.
- Look back over your list and draw a box around, or highlight in a different color, aspects that you had no control over.
- Look back over your list and put a check next to, or highlight in a different color, aspects where society or the bias of others have elevated its importance or impact on your life.

Reflection:

None of our identities is completely chose and self-navigated. We are all impacted by the world around us, so spend some time reflecting with others. Find a partner or share your thoughts with a family member. You can start with a group or do some personal journaling before engaging others. Either way, make sure to connect with others to draw on their wisdom and balance your own assumptions.

If you would like a guide to journaling, please download our Rainbow Church Reflections guide.