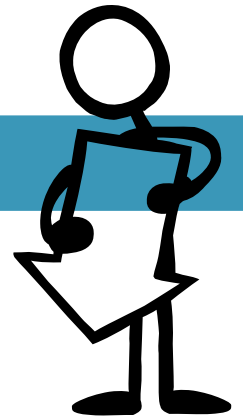


Identity

Brainstorm

NAME _____

Use this worksheet to brainstorm some parts of your identity. The column on the right gives examples of things you might think about. You do not have to include everything on the list!



IN THIS COLUMN, WRITE DOWN SOME THINGS ABOUT YOURSELF.	EXAMPLES
Goals <i>Example:</i> Visit another country, open my own business...	<ul style="list-style-type: none"> > Career ideas > College > Ideal life > Where you want to live as an adult > Relationships and family > Personal goals > Things you want to learn
Where you are from <i>Example:</i> Have lived in 3 states, moved to United States as a baby...	<ul style="list-style-type: none"> > Small town or large city > United States or another country > Always lived in one place or have relocated to a new place
Hobbies and interests	<ul style="list-style-type: none"> > How you spend free time > Things you like to do > Skills and abilities > Career interests > Sports, clubs, or extracurricular activities
Your family	<ul style="list-style-type: none"> > Parents > Siblings > Live with extended family > Adopted > Big family or small family > Family traditions > Family business or line of work

IN THIS COLUMN, WRITE DOWN SOME THINGS ABOUT YOURSELF.	EXAMPLES
Demographic characteristics	<ul style="list-style-type: none"> > Race > Sex / Gender identity > Age > Nationality > Ethnic background > Native language(s) > Family income
Character traits	<ul style="list-style-type: none"> > Known for being honest, courageous, responsible, or some other character strength > Like to be around people most of the time or need lots of alone time > Morning person/night person
Friendship and relationships	<ul style="list-style-type: none"> > A good listener > Able to see different points of view > Large group of friends or small group of friends > Things you like to do with your friends
Things you've done	<ul style="list-style-type: none"> > Things you've made > Projects you're proud of > Jobs you've done > Vacations or travel > Awards > Adventures > Things you've learned how to do
Other	<ul style="list-style-type: none"> > What other things about yourself are important to you?