Self-Identity Worksheet

Keeping in mind that cultural diversity includes (but is not limited to) race, religion ethnicity, gender, gender expression, sexual orientation, socioeconomic status, age, physical and mental ability, language, education and nation of origin, please respond to the following questions:

1. If I had to describe myself in terms of my heritage, background, or other aspects of my identity in four words, I would say that I am a:

_____

_____

_____

_____

2. One experience that I have had that helped me to form this description of myself was:

_____

3. One thing about being a _____

that makes me feel good or proud is: _____

4. One thing about being a _____

that is sometimes difficult or embarrassing is:

_____

Developed by the Anti-Defamation League