

Explore your identity



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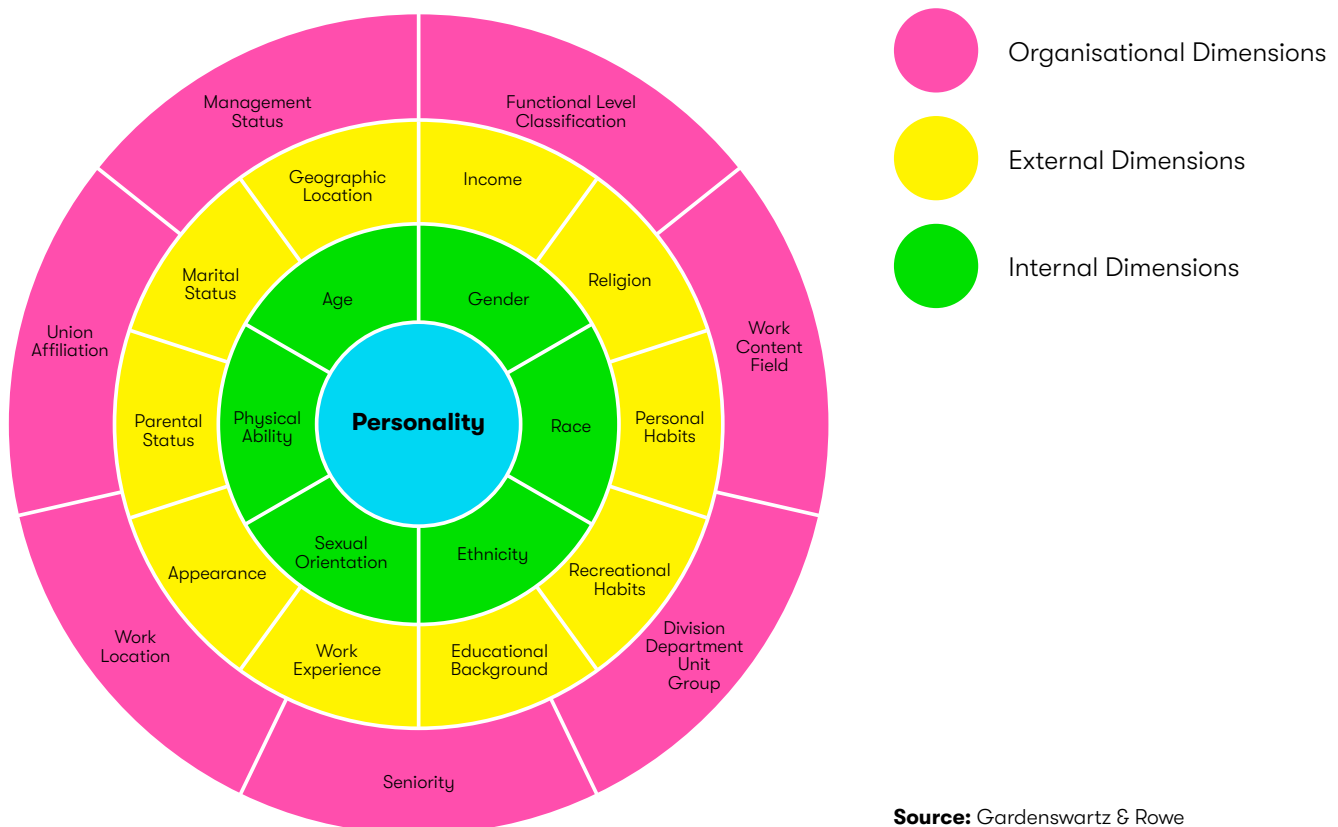
Explore your identity

“I can’t be the leader I’m meant to be without all of the parts of who I am” America Ferrera

All humans are unique and have individual differences. All parts of us make us who we are. These ‘parts’ of us can be along many dimensions – including your personality, your demographic, your cognitive functioning, and neurological identity; your experiences and affiliations and more.

In this short reflective exercise you can explore your identity using the identity dimensions below.

First of all, capture a snapshot of your own identity using the wheel as a template and guide. Please add any missing dimensions too.



Source: Gardenswartz & Rowe

Explore your identity

1. What do you notice about yourself?



2. What parts of you are seen / shown by you? Why?



3. What parts of you are unseen / not shown by you? Why?



4. How are you similar or different to those around you?



Explore your identity

5. What advantages have you experienced as a consequence of who you are?
What advantages could you experience?

6. What disadvantages have you experienced as a consequence of who you are?
What disadvantages could you experience?

Summary Reflection

What do you learn through this exploration of yourself?

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