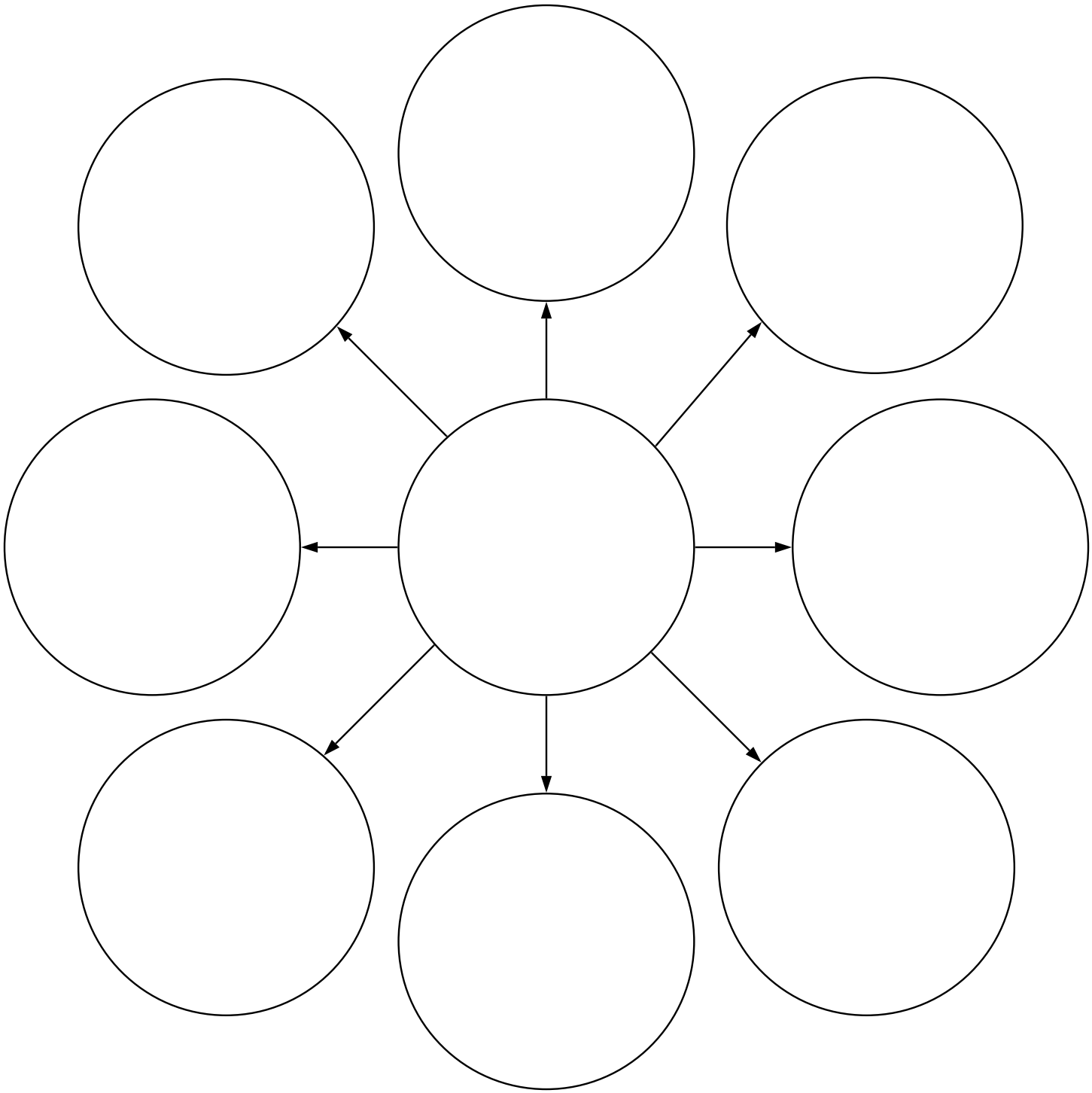

Identity bubble map

What shapes your identity as a person?

You could include things like:

- gender and sexuality
- cultural identity
- Indigenous and/or settler
- migration experience
- age and generation
- partnered or single
- family role and relationships
- illness and/or disability
- strengths and capabilities
- education and experience
- work role and history
- hobbies or passions
- grief and trauma
- spiritual beliefs/practices
- creative passions
- political beliefs
- physical attributes

All of these aspects of your identity influence how you see and experience the world.

Being open and upfront about *having* a perspective is the first step for communicating with people who have different identities.