



Who am I?

Social Identity Mapping Worksheet

Our social identities play an important role in how we think about ourselves and identify with others. Mapping out our own identities in detail can help us overcome stereotypes and biases.

INSTRUCTIONS

1. Circle all that apply to you and add your own in the space below:

MOTHER

EMPLOYER

SHAREHOLDER

DAUGHTER

STAKEHOLDER

INVESTOR

SISTER

OWNER

SAVER

FOSTER PARENT

EMPLOYEE

PLANNER

PHILANTHROPIST

BOARD MEMBER

FARMER

CONFIDANTE

VOLUNTEER

HUNTER

WIFE

HOMEMAKER

FORAGER

GARDENER

COOK

BAKER

FRIEND

DOG MOM

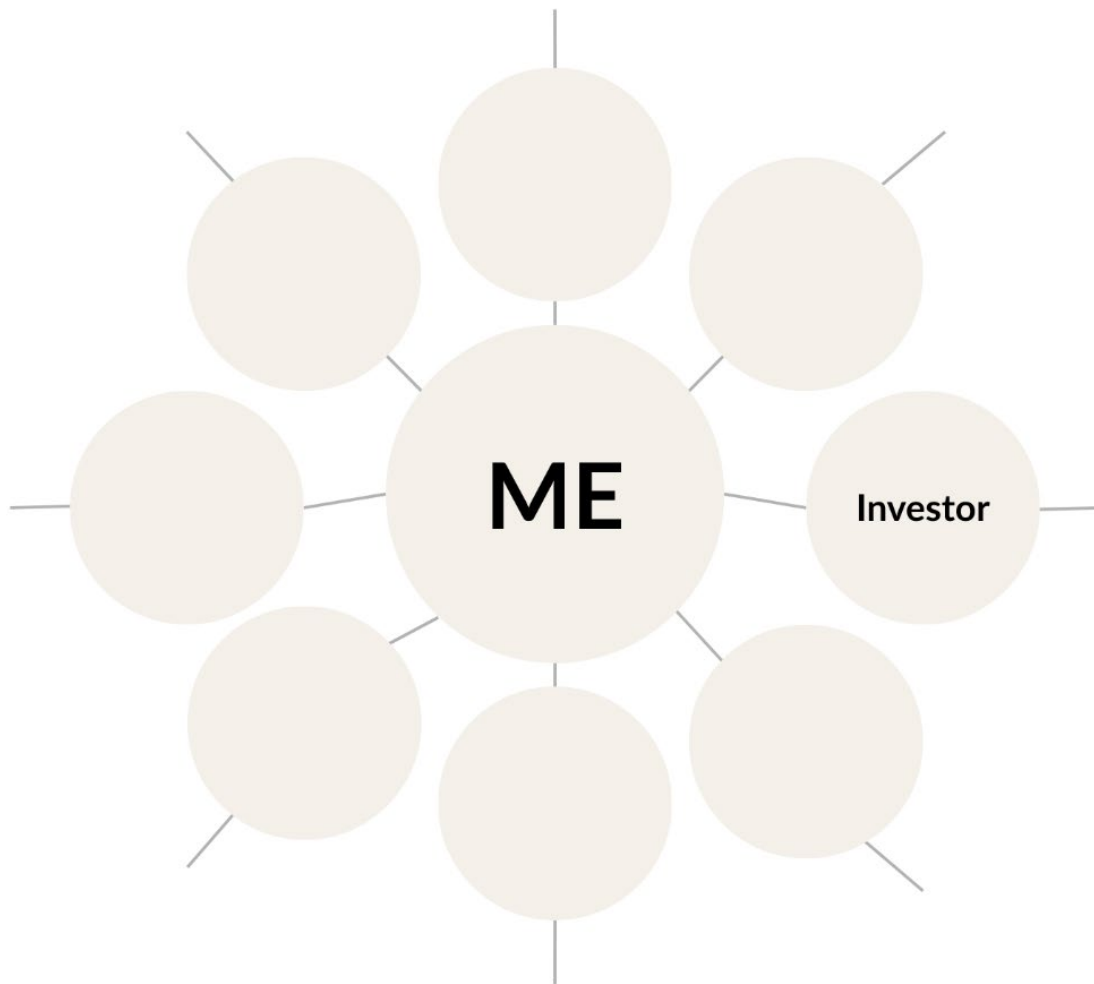
CAT MOM

NEIGHBOR

CLIENT

VOLUNTEER

2. In the first layer of circles, write in all the ways you identify in the world.



3. Now get more specific. Branch out and write more about each of your identities above.

Adapted from *Supercommunicators*, Charles Duhigg, 2024.

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