





My Identity Tree – Part 1

Fill out the leaves on your identity tree by answering the following questions:

Which people are important to me? (*Family/friends/role models, etc.*)

Which places are important to me? (*My area, city, my/my family's country, etc.*)

Which beliefs, values or ideas are important to me? (*Religious, non-religious, political etc.*)

What is my personality like? (*Kind, creative, funny etc.*)

What do I do well and enjoy doing?

What do I look like?

What am I studying/ What job do I want to do/what job do I do?

What gender am I? What is my sexuality?

What groups do I belong to?

What are my hopes for your future? (what type of life do I want? What type of person do I want to be?)

My Identity Tree -Part 2

Where does your identity come from? Is it family, friends, community, culture, religion, the media, books, a life experience, education, a role model/influential person, genes, social norms etc.?

Try to complete the following sentences in the roots of your identity tree:

My religion/beliefs/values beliefs, values come from...*e.g. my family, a book that changed my life, somebody I met when I was young, an experience I had, etc.*

My personality comes from... *e.g. my parents always taught me to be helpful/I have a lot of younger siblings, so I've had to learn to be patient, etc.*

My hobbies come from... *e.g. my best friend loves rap so I listen to rap a lot, dancing helps me to feel calm and manage my stress, etc.*

My strengths and skills come from...*e.g. I come from a sporty family, so I've played a lot of sport/I'm just good at maths!*

My appearance comes from...*e.g. my parents' genes!*

My dreams for the future come from... *e.g. a teacher as school inspired me to want to be a teacher/ I wanted to be a teacher like my mum etc.*

My Identity Tree - Worksheet