

Unit 1: Exploring Our Identities

Identities Inventory

Use the following ideas to help inventory what it means to be you. This information will be used to explore ourselves, each other, and what it means to be us as we start our journey together.

PART 1: SEEING BIG - What do others see? ☐ Your race and ethnicity ☐ Your culture ☐ Your gender ☐ Your socioeconomic status (low/middle/high class) ☐ Your age ☐ Your religious affiliation ☐ Your physical appearance	Notes
PART 2: SEEING SMALL - What parts of you might others NOT see? ☐ Your experiences in school ☐ Your experiences with reading and writing ☐ Your political beliefs ☐ Your interests ☐ Your technology use ☐ Your motivations ☐ Your family relationships ☐ Your peer relationships ☐ Your confidences ☐ Your insecurities (or weaknesses)	Notes
PART 3: DEFINING YOUR VALUES Identify the times when you were happiest. Find examples from your personal life. This will ensure some balance in your answers. ☐ What were you doing? ☐ Were you with other people? Who? ☐ What other factors contributed to your happiness?	Notes

PART 3: DEFINING YOUR VALUES Identify the times when you were most proud. Use examples from your personal life. ☐ Why were you proud? ☐ Did other people share your pride? Who? ☐ What other factors contributed to your feelings of pride?	Notes
PART 3: DEFINING YOUR VALUES Use the list of common personal values to help you get started – underline or highlight your 10 top values. Next, narrow down your top 10 values to a list of 5. Take your top 5 values and create statements that reflect your beliefs. Example: If your value is HONESTY, your statement might sound like: <i>"Tell the truth no matter what it may cost."</i>	5 Value Statements 1. 2. 3. 4. 5.
PART 4: HOBBIES AND SKILLS Now that you have determined your top values, let's see if they can connect to your personal interests.	Notes Hobbies (Examples: sports, art, gardening, knitting, writing, photography, etc.) Skills (Examples: listening, organizing, communication, time management, problem-solving, teamwork, etc)

Values List

Accountability	Effectiveness	Leadership	Success
Accuracy	Efficiency	Legacy	Support
Achievement	Elegance	Love	Teamwork
Adventurousness	Empathy	Loyalty	Temperance
Altruism	Enjoyment	Making a difference	Thankfulness
Ambition	Enthusiasm	Mastery	Thoroughness
Assertiveness	Equality	Merit	Thoughtfulness
Balance	Excellence	Obedience	Timeliness
Being the best	Excitement	Openness	Tolerance
Belonging	Expertise	Order	Traditionalism
Boldness	Exploration	Originality	Trustworthiness
Calmness	Expressiveness	Patriotism	Truth-seeking
Carefulness	Fairness	Perfection	Understanding
Challenge	Faith	Piety	Uniqueness
Cheerfulness	Family-orientedness	Positivity	Unity
Clear-mindedness	Fidelity	Practicality	Usefulness
Commitment	Fitness	Preparedness	Vision
Community	Fluency	Professionalism	Vitality
Compassion	Focus	Prudence	
Competitiveness	Freedom	Quality-orientation	
Consistency	Fun	Reliability	
Contentment	Generosity	Resourcefulness	
Continuous	Goodness	Restraint	
Improvement	Grace	Results-oriented	
Contribution	Growth	Rigor	
Control	Happiness	Security	
Cooperation	Hard Work	Self-actualization	
Correctness	Health	Self-control	
Courtesy	Helping Society	Selflessness	
Creativity	Holiness	Self-reliance	
Curiosity	Honesty	Sensitivity	
Decisiveness	Honor	Serenity	
Democraticness	Humility	Service	
Dependability	Independence	Shrewdness	
Determination	Ingenuity	Simplicity	
Devoutness	Inner Harmony	Soundness	
Diligence	Inquisitiveness	Speed	
Discipline	Insightfulness	Spontaneity	
Discretion	Intelligence	Stability	
Diversity	Intellectual Status	Strategic	
Dynamism	Intuition	Strength	
Economy	Joy	Structure	
	Justice		

Highlight your TOP 10 values. From those TOP 10, circle your main 5 values. And, from those 5, put * next your TOP 3.

Why are those your TOP 3 values?
Explain and elaborate below:

