



HUMANITY  
UNCODED

WORKSHEET: IDENTITY

# WORKSHEET: IDENTITY

**Your identity is as unique as a fingerprint.**

You are not one thing — you are many.

You contain parts, roles, histories, contradictions, and wisdom.

## **Reflection Prompts**

**What are the core parts of your identity?  
(professional, cultural, relational, personal)**

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**Which parts of you feel dominant right now?**

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# IDENTITY

## Reflection Prompts Continued

**Which parts feel quiet but important?**

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**How does your grounded, core Self feel when present?**

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**In what environments do you feel most like yourself?**

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