#  My Self-Awareness and Identity Profile

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| **My unconscious self** | **My conscious development** |
| How old am I / how old do I feel?  How do I define my gender identity and sexual orientation?  Do I have any disabilities or have to make any adjustments?  With what racial group do I identify?   With what cultural group with a common national origin do I associate?  Am I bicultural?  | Where did I go to school?  What have I studied so far?  Have I studied or worked abroad? Have I taken time to learn other languages?  What kind of work experience do I have?  What is important for my personal/professional development?  |
| **My geography** | **My choices** |
| Where was I born?  Where have I lived?  Where is home for me?  Where do I pray or meditate?  Where do I study or work?  Where do I shop?  | Am I a religious person?  What political views do I support?  How would I describe my personal style?  What are my personal habits or preferences?  |
| **My perceptions** | **My engagement** |
| How am I perceived by my family, acquaintances, and people who do not know me?  How do I perceive others through my own unconscious biases and stereotypes?   | How do I engage with relatives, peers at university/work, and neighbours?  What clubs do I belong to?  How do I participate in my community?  How diverse is my group of friends?  |
| **My struggles** | **My goals** |
| Based on my abilities, experiences, or challenges related to any aspect of my identity: What has been difficult for me?  What challenges have I faced?  When have I been in a privileged position?  When have I experienced being racialized?   | Where are most of my goals concentrated?  What is important for me at the personal level? How do I intend to develop myself in relation to culture learning? How am I contributing to the positive transformation and well-being of the society?  |