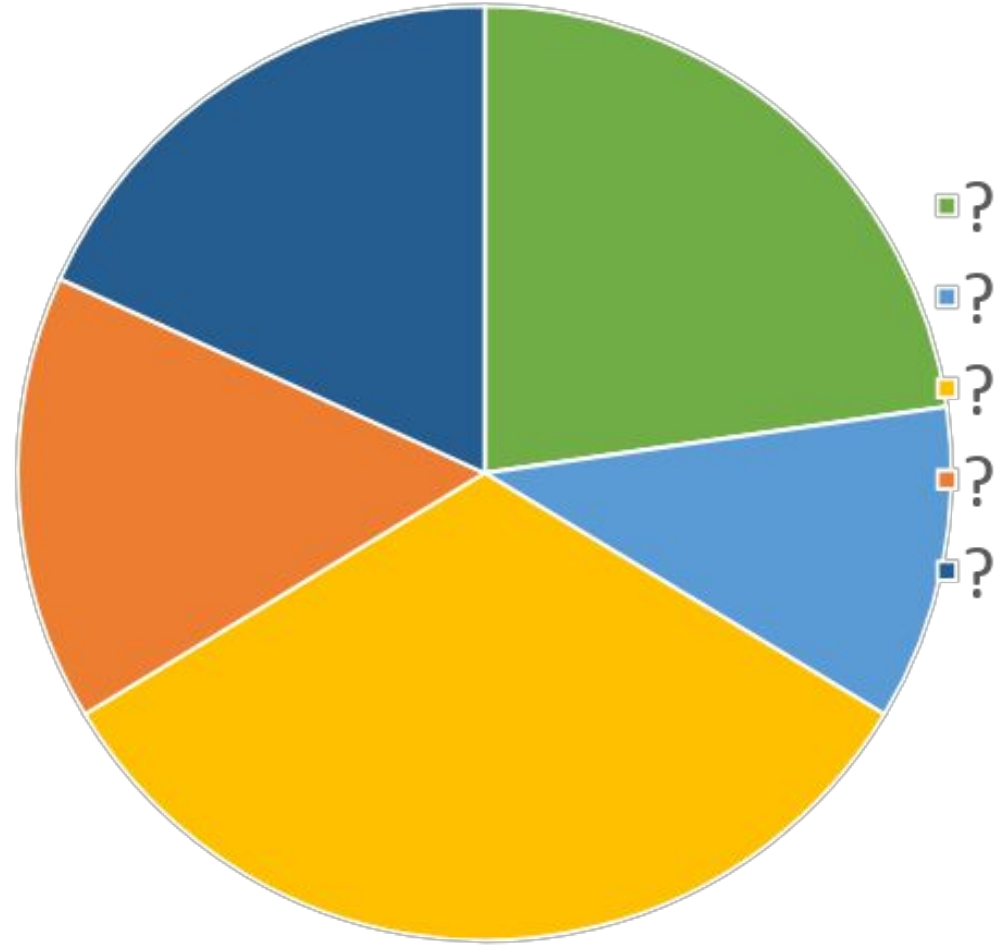


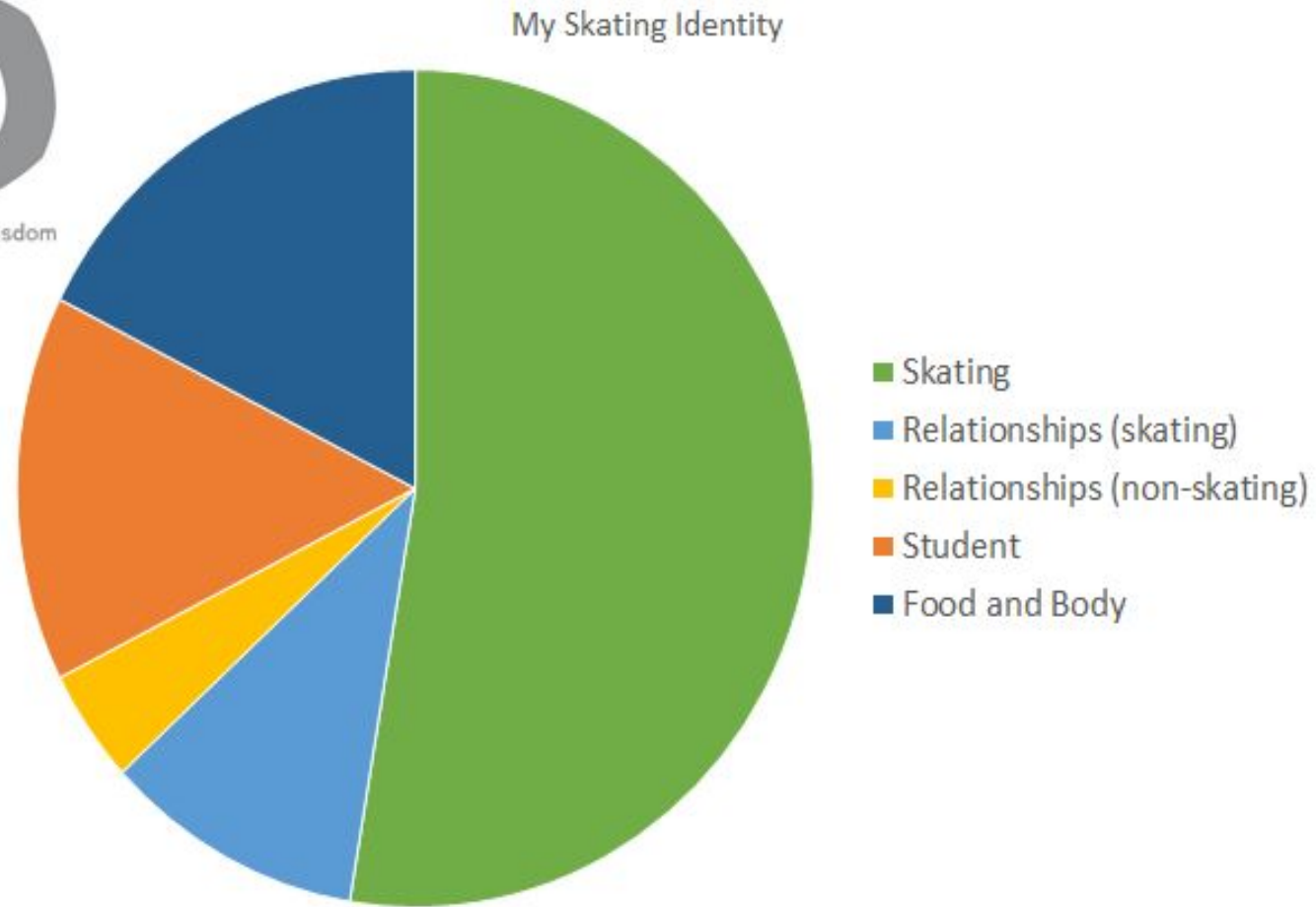
WORKSHOP:

What does
your identity
pie chart look
like?



food+body wisdom

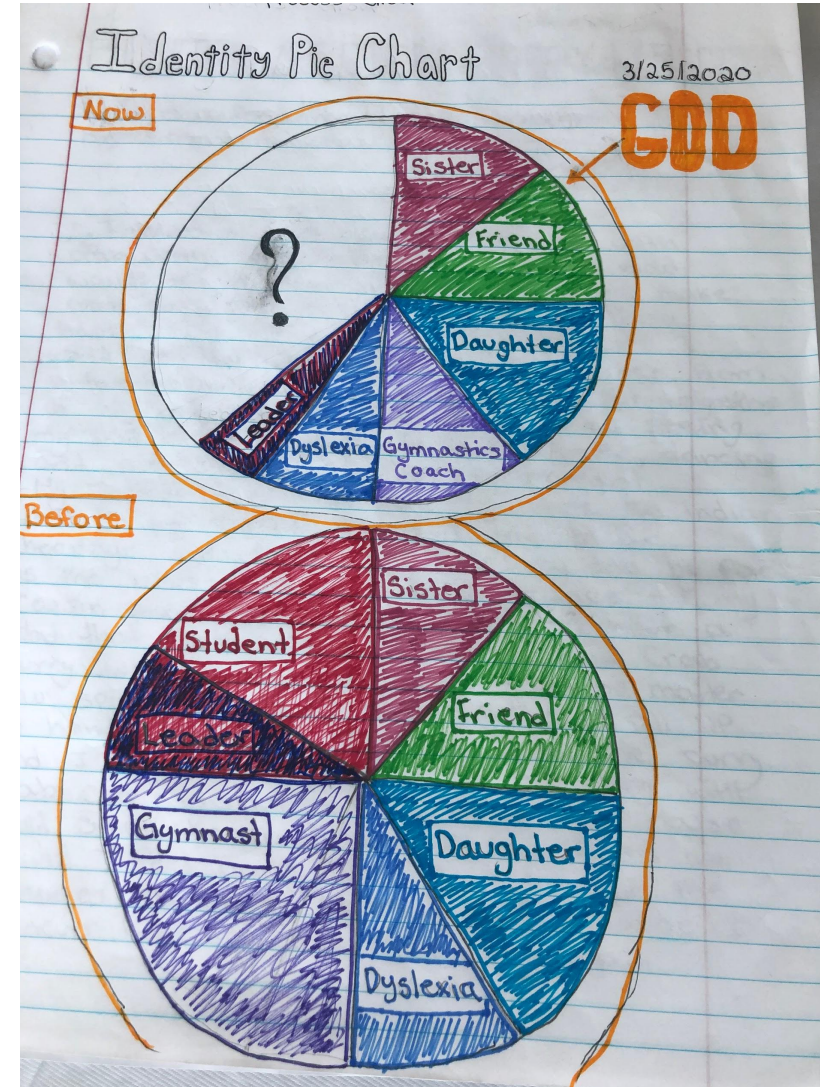
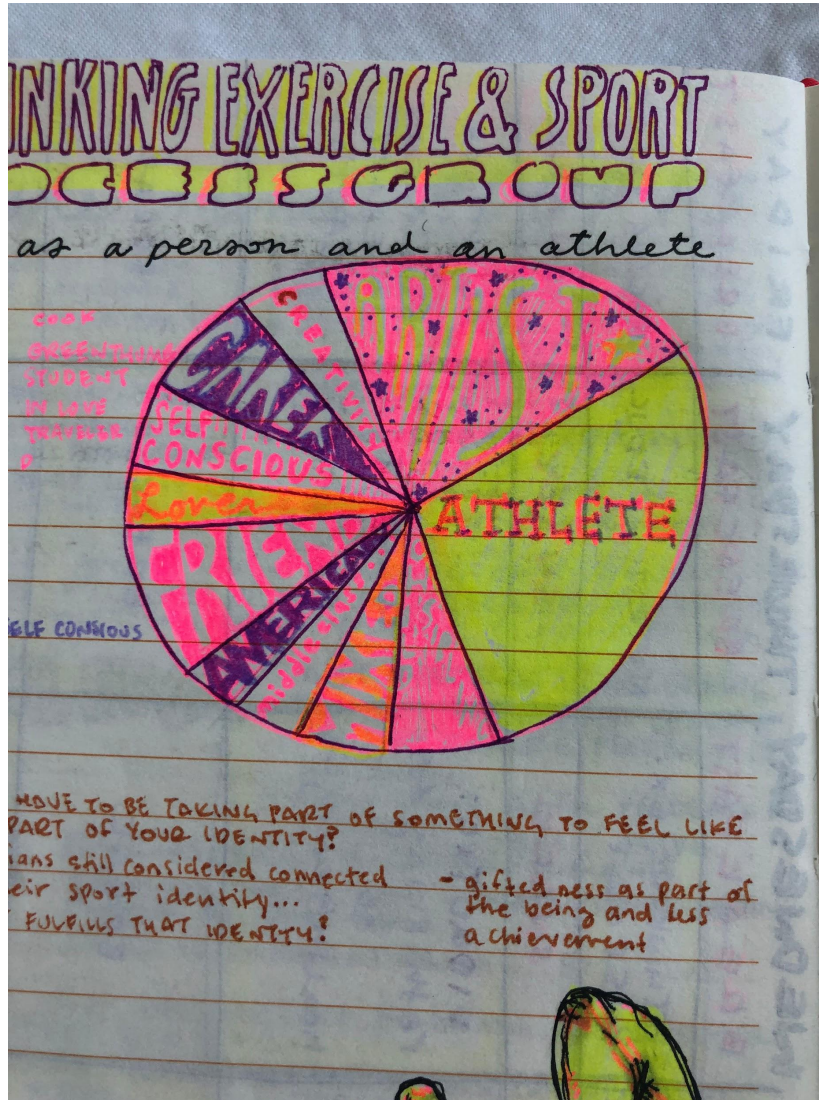
Examples





food+body wisdom

Examples





Identity Categories:

Gender
Ethnicity
Race
Religion
Socioeconomic status
Language
Relationships
Sexual Orientation

Career
Education
Athletics
Personal
characteristics/attributes
Temperament
Hobbies/interests
Habits



Pie chart variants

- External (How others identify you)/Internal (How you define yourself)
- “Being”(Internal characteristics)/“Doing” (Roles, how you spend your time, etc)
- Past/Present/Future (Aspirational)
- Expanding a particular identity to make it more complex (ie running identity pie chart)