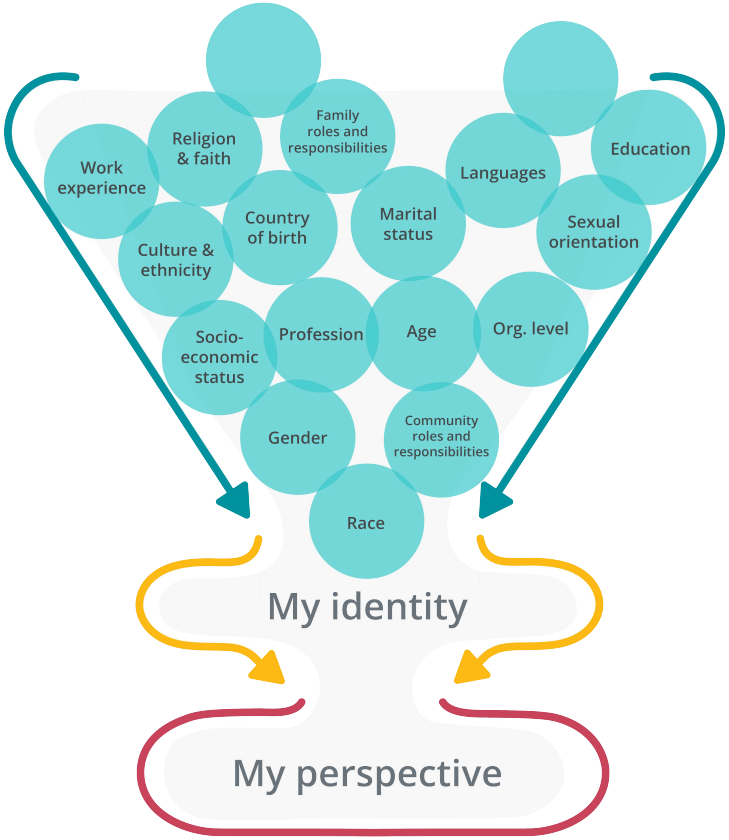
Learning Centre
Queensland Centre for Mental Health Learning

Circles of Identity - Who am I?

Reflecting on your own identity helps to understand what shapes your values, perspectives, and what matters most to you. Explore your identity with this graphic adapted from Diversity Council Australia (2025).

There are no right or wrong answers. Write anything that you feel describes or is meaningful to you under each heading in the boxes on the right.

If there are other parts of your identity that are important to you, make some notes for these in the blank boxes at the bottom.



When you're done take a moment to think about how all the parts of yourself combine to create your unique identity. And how in turn, your identity shapes your perspective and the way you see and understand the world.

Work experience	
Profession	
Education	
Organisational level	
Age	
Gender	
Sexual orientation	
Country of birth	
Race	
Culture and ethnicity	
Religion and faith	
Languages	
Marital status	
Socio-economic status	
Community roles and responsibilities	
Family roles and responsibilities	
Other	
Other	