

IDENTITY CHECK-IN

(Quick & Fun Exercise)

“Circle all that sounds like you today.”

I worry about
disappointing
my family

I feel proud
of my roots

I feel pulled
between cultures

I'm figuring
out who I
want to be

I feel strong
and capable

I'm learning
to love myself

I wish people
understood
me more

I am growing,
even when
it feels slow

I'm stressed
about school
or work