Write “human” in the center circle.

Then, working individually, write in each of the outer sections the name of a group with which you identify. This can include anything: tribe, female, sister, athlete, student, Muslim, musician, Christian, teacher, activist, or any group with which they identify. The idea is to indicate social identities (that is, identities of the individual in relation to others which those others recognize) rather than individual attributes: for example, “artist” is a social identity whereas “creative” is a personal attribute.

Avoid personal adjectives such as “adventurous” “hard-working” and so forth. Reflect carefully and respond as thoroughly as possible (though it is not necessarily to fill in all slices of the wheel on the template).