

# Who Am I?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Noting the positions of the dials and sliders, try to think of ten core facets of your identity. This is not what you know the most about or what you most love, but ten different intersections that make up your Core Self.

The image shows a control panel with a light blue background and a black border. It contains four circular dials and six sliders. Each dial has a grey face with a white needle and is numbered 1 through 11. The sliders consist of a black vertical stem with a grey rectangular handle at the top. The handles are positioned at various heights, representing different settings for each slider.