What makes me ME?

A workbook
What makes a person who they are?

Explore what makes you you! This is an interactive workbook created in partnership with People in Education and Burton International Academy in Detroit. Based on the core aspects of identity that Burton students wanted to talk about; we created interview questions for getting to know yourself.

Reflect on the questions in each section independently or interview a friend!

The more we can make space to cultivate a sense of self, the more self-aware we become.
Young people at Burton defined six aspects of identity that make them who they are:

- Emotions + Hormones
- Sexuality + Gender
- Personal Style
- Astrology
- Interests + Hobbies
- Personality
The Basics

Your preferred name is
Fill in here

Your age

Your preferred pronouns are
Circle and/or fill in the blank!

She / Her  Per / Per  They / Them
He / Him  Ve / Ver  Xe / Xem
E / Em  Zie / hir  ________
Emotions + Hormones

How’s life?

What excites you?

How do you deal with your anger?

How do you manage your emotions?
Sexuality + Gender

What do you consider your sexuality to be?

What do you consider your gender to be?

How does your culture influence the way you learn about sex?

What do you find attractive in a potential partner?
Personal Style

Who are your style icons?

Who cuts / styles your hair?

How does your style change based on what mood you are in?
Astrology

What is your zodiac sign?

What sign are you most compatible with?

What sign annoys you the most?
Personality

Why do you act the way you act?

What color is your personality?

How do you feel about yourself?

Who inspires you?
Interests + Hobbies

At what age did you get into music?

What is the first video game you ever played?

What is your dream pet, and why?

If you could play any sport in the world what would it be?
Finish this statement:
I am _______, ________,
and_________.
Make your own question:
Inspired by questions from the 8th grade class of Burton International Academy

People in Education

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