

## SOCIOCULTURAL AND PERSONAL ATTRIBUTES FRAMEWORK

| SOCIAL Identity traits:           | Description:   | Affect how you feel about yourself | Affect how others perceive you |
|-----------------------------------|--|------------------------------------|--------------------------------|
| 1. Cultural/Racial/Ethnic         | Individual's place of birth, upbringing, ancestry, and shared cultural experiences                   |                                    |                                |
| 2. Gender                         | Innermost sense of being male, female, a blend of both, neither, somewhere along the gender spectrum |                                    |                                |
| 3. Sexual Orientation             | To whom one is attracted to emotionally, physically, or romantically                                 |                                    |                                |
| 4. Socioeconomic Status           | Standing in society based on income, education, occupation, and other socio-economic factors         |                                    |                                |
| 5. Religious/Spiritual            | Religious beliefs, practices, and spiritual inclinations   |                                    |                                |
| 6. Age                            | Identity in terms of generational values, experiences, and perspectives                              |                                    |                                |
| 7. Physical Abilities             | Physical capabilities, which can include mobility, strength, agility, and other physical attributes  |                                    |                                |
| 8. Mental and Cognitive Abilities | Cognitive capabilities, including intellectual abilities and mental health conditions                |                                    |                                |
| 9. Nationality                    | The country or countries one identifies with, either by birth, citizenship, or affinity              |                                    |                                |
| 10. Language                      | Languages one speaks, and how they influence one's worldview and sense of self                       |                                    |                                |
| 11. Educational Background        | Level of education and areas of study or expertise   |                                    |                                |
| 12. Occupational Identity         | Profession or job and how it shapes one's sense of purpose and self-worth                            |                                    |                                |
| 13. Political Affiliation         | Political beliefs, values, and affiliations  |                                    |                                |
| 14. Social and Hobby Groups       | Groups or communities one is a part of based on interests, hobbies, or social activities             |                                    |                                |
| 15. Relationship Status and Role  | Single, married, a parent, child, sibling, etc   |                                    |                                |
| 16. Body Image                    | How one perceives their physical appearance and body   |                                    |                                |
| 17.                               |  |                                    |                                |
| 18.                               |  |                                    |                                |

| PERSONALITY Identity traits: | Description:  | Affect how you feel about yourself | Affect how others perceive you |
|------------------------------|---|------------------------------------|--------------------------------|
| 1. Dominance                 | Spectrum from calm/reserved to direct/competitive (from DISC assessment)              |                                    |                                |
| 2. Influence                 | Spectrum from factual/analytical to social/cheerful (from DISC assessment)            |                                    |                                |
| 3. Steadiness                | Spectrum from impulsive/variable to consistent profound (from DISC assessment)        |                                    |                                |
| 4. Compliance                | Spectrum from independent/uninhabited to conventional/reliable (from DISC assessment) |                                    |                                |
| 5.                           |   |                                    |                                |
| 6.                           |   |                                    |                                |

| CHARACTER Identity traits:         | Description:                                 | Affect how you feel about yourself | Affect how others perceive you |
|------------------------------------|--|------------------------------------|--------------------------------|
| 7. Top 3 out of top 5 ranked       | From VIA Character Strengths personal report |                                    |                                |
| 8. Bottom 1 out of bottom 5 ranked | From VIA Character Strengths personal report |                                    |                                |