

# Tolerance to Understanding



## Tell Your Story Self-Reflection Worksheet

Consider different Diversity Dimensions, including:

Internal	External	Organizational
Gender Race Ethnicity Sexual orientation/identity Physical ability Age	Religion Education background Income Work experience Community/geography Marital status Family dynamics Politics Appearance Hobbies/interests	Job title/level Organization/business unit Seniority Work location

Which dimensions have had a major influence in your life? Why?

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What in your background, cultural environment or past experiences have had an impact on your worldview and/or your values?

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What story can you share that will help others better understand you as a person? What life experiences make you tick?

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*Tolerance to Understanding is a voluntary program intended to deepen understanding and inclusion in our workplace.*