



A person's physical characteristics, beliefs and values, hobbies and interests contribute to their identity and can be heavily influenced by the people, places and experiences they encounter throughout their life. Sometimes, these experiences can be controlled by the person and other times they cannot.



Regardless of whether a person is female or male, everyone's body looks different. Some physical characteristics such as gender, height, build and body features are largely out of a person's control. However, modern discoveries and technology are making changes to these possible. Physical characteristics such as tattoos, body weight, piercings, muscle mass, hairstyles, and clothing styles also contribute to identity, but changing these is far more accessible.

The beliefs and values held by an individual are often shaped by familial, cultural, social and emotional experiences they have encountered. A person may have specific religious or cultural beliefs which influence their attitudes, behaviours and environments. They may have strong beliefs about other topics such as parenting styles, education systems, advancing technology, gaining employment and environmental protection. Likewise, individuals have different values depending on what is important to them. Family, love, friendship, work, money and material possessions are common values among many people.

An individual's hobbies highlight what they enjoy doing and are an important part of shaping their

social identity. Relationships are often built between people with similar hobbies as they can enjoy doing things together. A person may join a team or club, such as a sporting team, gardening club, band or Scout group, where they can enjoy their hobby with other interested people. Being part of a group satisfies a person's need to belong and shapes not only their personal identity, but establishes a group identity as well.

Lastly, a person's interests guide not only what they do in their spare time (hobbies), but also what they want to learn about, the career path they take, their style of music, their taste in movies or books and their lifestyle. At school, a person is exposed to a variety of topics; some they like and some they don't. Topics that interest an individual are often easier to do well and often shape their career path. A person's interests play a big role in shaping their personal, cultural and social identities and often change over time as they engage in new experiences.

In conclusion, a person's identity is shaped by how they look, what they believe and their interests. While some people may have similar beliefs, values, hobbies or interests, their identities will never be exactly the same.