


## Reflective Worksheet: Products, Carriers & Shapers of Culture(s)

*“We are products, carriers, and shapers of culture(s).”*

This worksheet invites you to reflect on your own role in culture—how you are shaped by it, how you carry it, and how you can shape it in return. Take a few minutes to write down your thoughts. Be concrete, use examples, and feel free to draw or use metaphors.

### 1. Product of Cultures

 How have cultures shaped me?

- Which traditions, values, or communities have influenced me most?
- Where do I notice their influence in my behaviors, beliefs, language or identity?

 **My reflections:**


---

---

---

---

### 2. Carrier of Cultures

 Where do I represent or reproduce cultures?

- How do I pass on cultural norms, practices, or expectations in daily life?
- Which parts of my behavior, communication, or traditions express my culture(s)?

 **My reflections:**


---

---

---

---

### 3. Shaper of Cultures

 Where can I influence or reshape cultures?

- In which situations do I challenge, adapt, or co-create cultural practices?
- How might I shape cultures in the future (e.g. at university, at work, in society, etc.)?

 **My reflections:**

---

---

---

---

---

### Closing Thought

Cultures are not fixed. We inherit them, we carry them, and we reshape them.

👉 What is **one action** I want to take to consciously shape culture(s) in my life?



\_\_\_\_\_

---

---

✨ *Be ready to share one key insight with a partner or small group.*