

Who am I?

Strengthening our Cultural-Awareness. Think of the culture you most identify with and complete the three phrases...Click the + button to add.

WERNATIVE APR 07, 2021 03:02PM

I Am...

daughter of my parents

connected

Of the Land



Tlingit

Strong - ANONYMOUS

Laguna Pueblo

Powerful

dope

Southern Ute and Diné

Cochiti Pueblo & Irish

Zuni

Navajo

Anaana (Auntie)

I am a human

Navajo

queer

RESILIENT - ANONYMOUS

a badass DAD!

Cup'ik

nimiipuu

free

RESILIENT

a mother

a thriver

beloved and important

loved

resilient

Important

growing

resilient

I am a Grandmother

Ojibwe

an apache

Loving

I am Loved!

Awesome parent and grandparent

A teacher

I Can...

I am...

healing

do anything i put my mind to

make a difference

make choices

Write

Dance

Sing

make positive change

adapt

change Generational Wellness!

overcome adversity

make you smile

Live my truth

DO ANYTHING I PUT MY MIND TO

make a difference

dance

I can share kindness

be a strong leader

f

influence

Listen to and share stories

heal

Help

Do whatever I want

I Can

keep learning and growing, but I'm already awesome.

do whatever I set my mind to

create

Learn new things

I Enjoy...

hikes, waterfalls, ceremony, plant medicine

Growing Food

Social Justice

being outside

life

family

hiking, bouldering, camping

learning

yes! – ANONYMOUS

hot black coffee – ANONYMOUS

coffee

playing pool

Nature

SPENDING TIME WITH MY FAMILY

Moving

Life, food, helping other, hiking, dogs, horses, learning

being with family

biking and cooking

walking in nature

long walks on the side of ojo

family

being with family

singing

laughing

life

being a fiance soon to be husband

planting and growing

Experience

Sharing

Connecting with the land

Sharing kindness

hot black coffee

being outside

Sharing traditional foods

basketry

Learning new things

Strengthening our Cultural-Awareness Together

Think of the culture you most identify with and complete the three phrases...Click the + button to add. When you're done, click on "Add Comment" to give some words of encouragement to others.

WERNATIVE APR 13, 2021 03:13PM

I have a HARD TIME with...

insecurity surrounding belonging and being underqualified

Same! you are not alone - ANONYMOUS

You were chosen for a reason! Always remember you are the right person for the job or situation. - ANONYMOUS

You are where you need to be. Your qualifications got your foot in the door, even when it doesn't feel true :) - ANONYMOUS

You are not alone, I feel the same way. - ANONYMOUS

asking for help.

we are here for you - ANONYMOUS

You are worthy of the same help you give. - ANONYMOUS

Accepting both sides of my ethnicity

I feel seen after today's CoP

You are perfectly created by the Creator! - ANONYMOUS

finding time to focus

with feeling overwhelmed.

understanding intergenerational trauma

Intergenerational trauma

Taking on too much

Explore the power of your "no" - ANONYMOUS

balancing my work schedule

being compassionate to myself

feeling vulnerable

reading

Accepting who I am

with imposter syndrome

Finding Balance

accepting my role within the community

sitting

not standing up for myself

You are not alone in this friend. - ANONYMOUS

finding motivation

I want to WORK ON

balance.

sharing these tools and resources

Collaborating with more Native organizations!

Join Us! - ANONYMOUS

<https://conta.cc/2OFtDde> - ANONYMOUS

taking care of myself

My wellness

Time management

my mental and spiritual wellness

Structure and being at peace with where I'm at in that moment.

being more grounded and present

with youth on suicide prevention

letting others in

my confidence and language

Expressing who I am

collaboration

Time management

being more aware

Prioritizing my time

to stay sitting down

taking more healthy risks

I want HELP WITH

Living in a balanced way of wellness.

raising strong healthy families

to be a support

building stronger partnerships

creating a supportive environment

motivating and encouraging others to support each other as a team

canoe journey

That's awesome! Good luck and positive vibes sent your way to complete this! — ANONYMOUS

better coping skills to replace procrastination

finding stronger community activities to engage youth

Giving more supportive communication to those who need it.

Pause! give yourself 5 minutes to reflect before you respond — ANONYMOUS

collaborating

sitting down

learning to accept that some people don't want help

Making each person feel like they matter...
