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.

I Am...

daughter of my parents
connected

Of the Land

Tlingit
Laguna Pueblo
Southern Ute and Diné
Cochiti Pueblo & Irish
Zuni

Navajo
Anaana (Auntie)
I am a human

Navajo
queer

a badass DAD!

Strong

nimiipuu
free

RESILIENT

a mother
a thriver
beloved and important
loved
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

do 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
I Enjoy...

hikes, waterfalls, ceremony, plant medicine

Growing Food

Social Justice

being outside

life

family

hiking, bouldering, camping

learning

Experience

yes! — ANONYMOUS

hot black coffee — ANONYMOUS

Sharing

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

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.

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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 — ANONYMOUS
You are perfectly created by the Creator! — ANONYMOUS

finding time to focus
with feeling overwhelmed.
understanding intergenerational trauma
Intergenerational trauma
Taking on too much

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

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

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...

better coping skills to replace procrastination

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