

My Cultural Identity

<p>Family traditions that are important to me: (Examples: Eating meals together, movie night, weekly religious services, etc.)</p>	
<p>Ways I express my spiritual beliefs: (Examples: Prayer, meditation, moments of silence, time in nature, etc.)</p>	
<p>Ways I express myself: (Examples: Journaling, art, music, poetry, dance, acting, etc.)</p>	
<p>Ethnic group(s) I identify with: (Examples: Korean, Pacific Islander, French Canadian, Jamaican, etc.)</p>	
<p>How I describe my lifestyle: (Examples: rural/suburban/urban, single/married/parent, busy/relaxed, etc.)</p>	
<p>Ways I prefer to communicate: (Examples: texting, face to face, handwritten, one-on-one/in groups, etc.)</p>	
<p>Ways I practice healing/wellness: (Examples: Sweat lodge, doctors, singing, prayer, medication, acupuncture, etc.)</p>	
<p>My values and/or beliefs: (Examples: 'golden rule,' 'live and let live,' justice, patience, open-mindedness, etc.)</p>	
<p>Foods that comfort me: (Examples: chocolate, pierogies, grits, ice cream, warm beverages, miso soup, etc.)</p>	
<p>Holidays/ways I celebrate my culture: (Examples: Kwanzaa, Oktoberfest, Mardi Gras, LGBTQ Pride, Diwali, etc.)</p>	
<p>Other ways I express cultural pride: (Examples: clothing, meals, music, gestures, language, social media, etc.)</p>	