

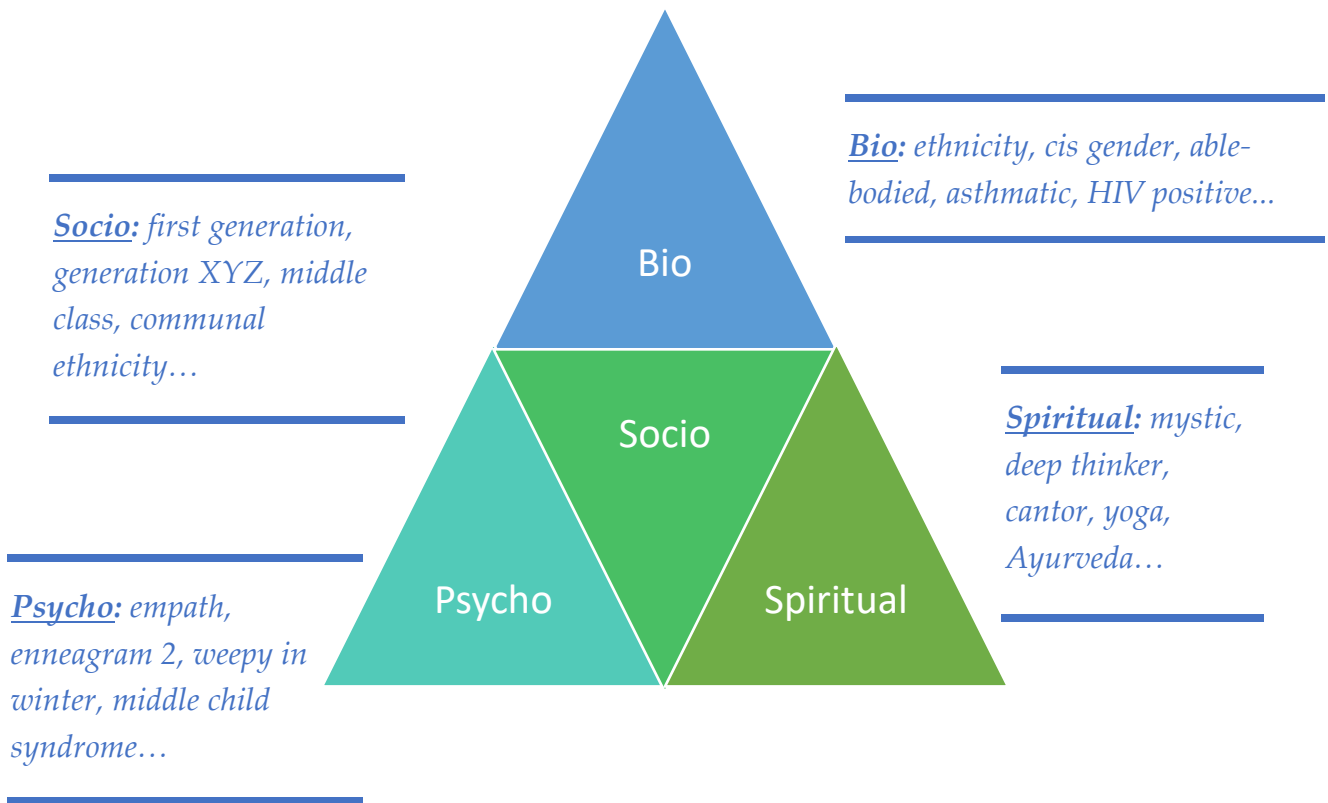


Presbyterian Church (U.S.A.)

Leadership Development & Recruitment for Leaders of Color

There are many social theories that point us in the direction of recognizing our complex identities. To begin to expand your mind, today, you are invited to reflect on at least these four valuable aspects of who you are. Some parts of your identity might fit in more than one category and some might seem like they fit clearly in one versus another. The intention here is not to prescribe but rather help describe and hopefully spark your creativity in self-thought.

Think of the various parts of your identity.



Write about your whole self.



Presbyterian Church (U.S.A.)

Leadership Development & Recruitment for Leaders of Color

Now in recognition of the deep value of all of who you are, begin to think about ways in which each part of your identity can be nurtured and cared for in the hours, days, and weeks ahead. The purpose is not to follow a detailed plan verbatim, but rather to intentionally recognize these aspects of yourself and care for them specifically.



Biological Care: _____



Psychological Care: _____



Social Care: _____



Spiritual Care: _____

Write specific and unique ways that care for your whole self.
