



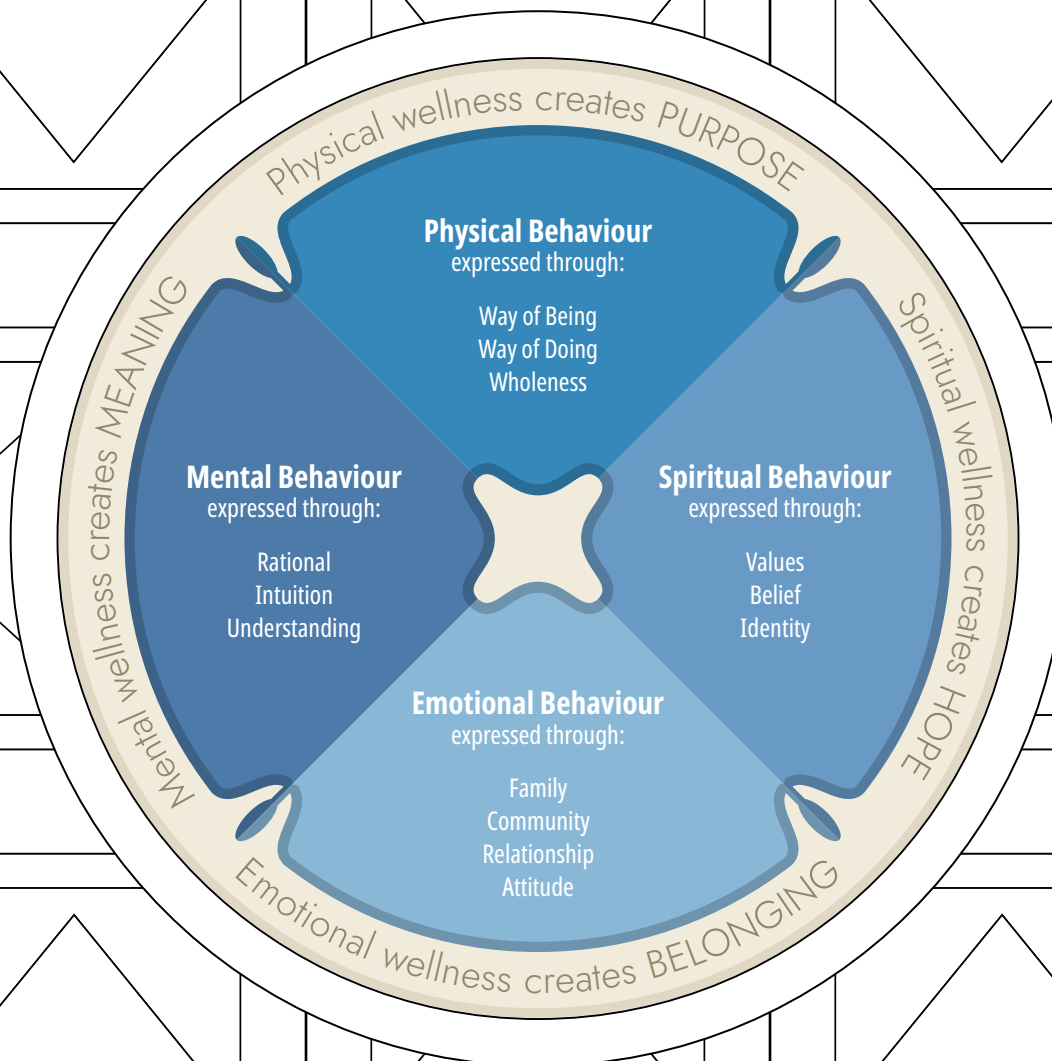
Soaring Together

Tools for Life



Journal
soaringtogether.ca

*Indigenous Wellness
Framework*



THUNDERBIRD
PARTNERSHIP FOUNDATION

thunderbirdpf.org

Soaring Together Journal

This journal is your space to connect with culture and explore what makes you unique - what makes you who you are. Each section of the journal includes prompts and questions, and connects you with related tools from the Soaring Together website.

Enjoy the process!

HOPE

The *Indigenous Wellness Framework* tells us that spiritual wellness is created through First Nations values, beliefs, and identity. For example, as First Nations people, we value knowing who our ancestors are, and that's because we believe our ancestors left a path on the earth that we can learn from. All of this shapes who we are.

As you move through life, you learn about these things through experience and guidance. *The Who Am I?* page of the *Soaring Together* website is intended to help with this. It is all about connecting with First Nations culture and gaining a deeper understanding of yourself. It is a space to see differences, honour things that are similar, and celebrate you.

Every First Nation culture is created by the original language of the people. It is tied to the land, water, plants, animals, and the meaning the people develop from these relationships. So, culture is different across First Nations. And at the same time, culture has common elements across First Nations too, like how we connect to language, land and the natural world.

Check out: [*Discovering Wellness*](#)



Four questions for life, which have been shared by the late Senator Murray Sinclair, can be returned to again and again as you move through life. Write your present-day responses to the following questions:

Who am I?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Where do I come from?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

You can come back to these questions again at different times and note if anything has changed.

Why am I here?

Where am I going?

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Guided practice tools can help you connect with yourself:

what you value, what you believe, and your identity.

Here you can experiment with a self-guided meditation that connects you with yourself and the place where you are. Ask yourself the following five senses questions, and try to list as many things as you can for each question:

Check out: [Connecting with Ourselves](#)



What are five things you see?

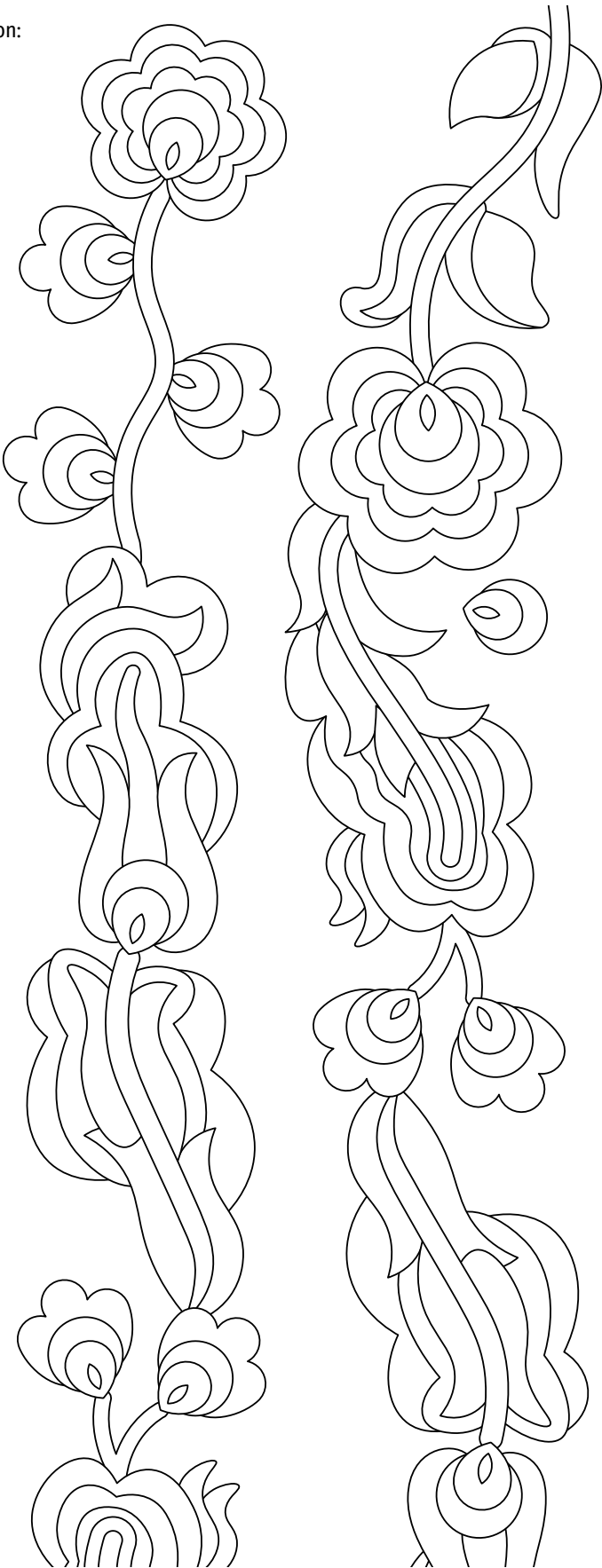
What are four things you hear?

What are three things you feel?

(with my hands, or other parts of my body)

What are two things you smell?

What is one thing you taste?



[illegible]

What skills have helped you thrive?

What activities make you feel empowered?

What comes to you naturally?

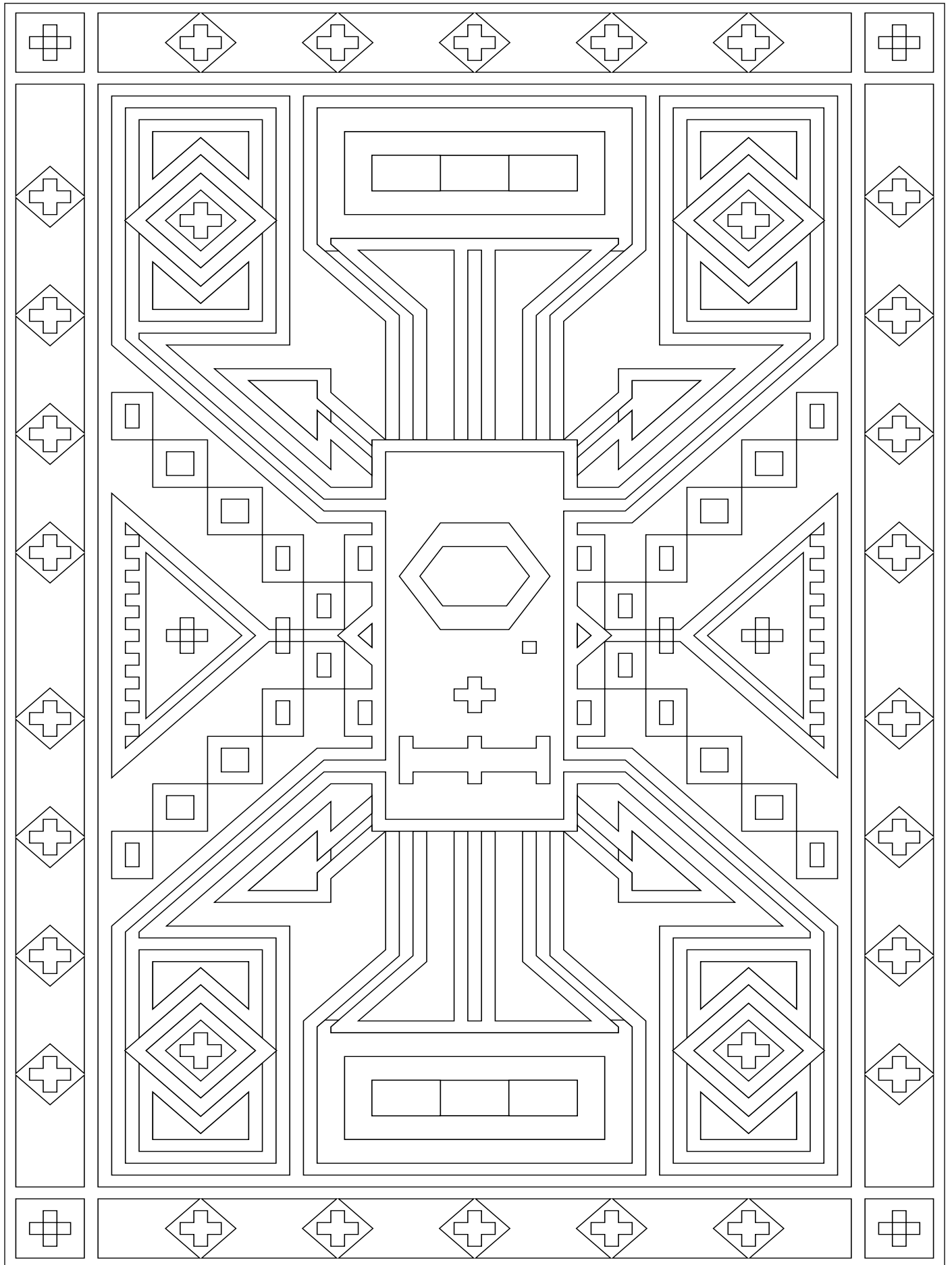


How do you spend your free time?

What do others think you're good at?

What are you passionate about?





Create a list of people in your life that you consider to be role models.

What are the things about them that led you to list their name?

(Is it how they speak? What they do? What they know? How they treat other people? How they make you feel?)

Check out: [Listening to Other People's Stories](#)



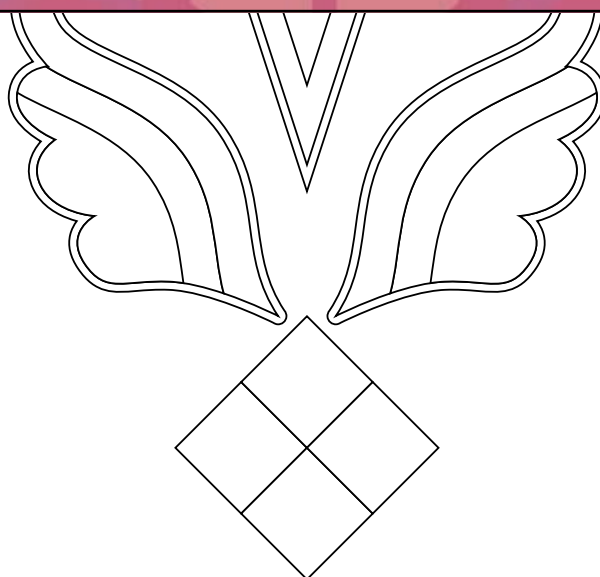
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The *Indigenous Wellness Framework* tells us that emotional wellness is created through family, community, relationships, and attitude. As First Nation people, we know that Belonging isn't just about where we are; it's about how we feel.

When you're well, you feel more connected to the people and places that matter to you. The *Where do I Come From?* page of the *Soaring Together* website offers tools and resources to support your emotional wellness and strengthen those relationships with family, community, culture, and land.



Check out: *First Nation Views on Belonging*

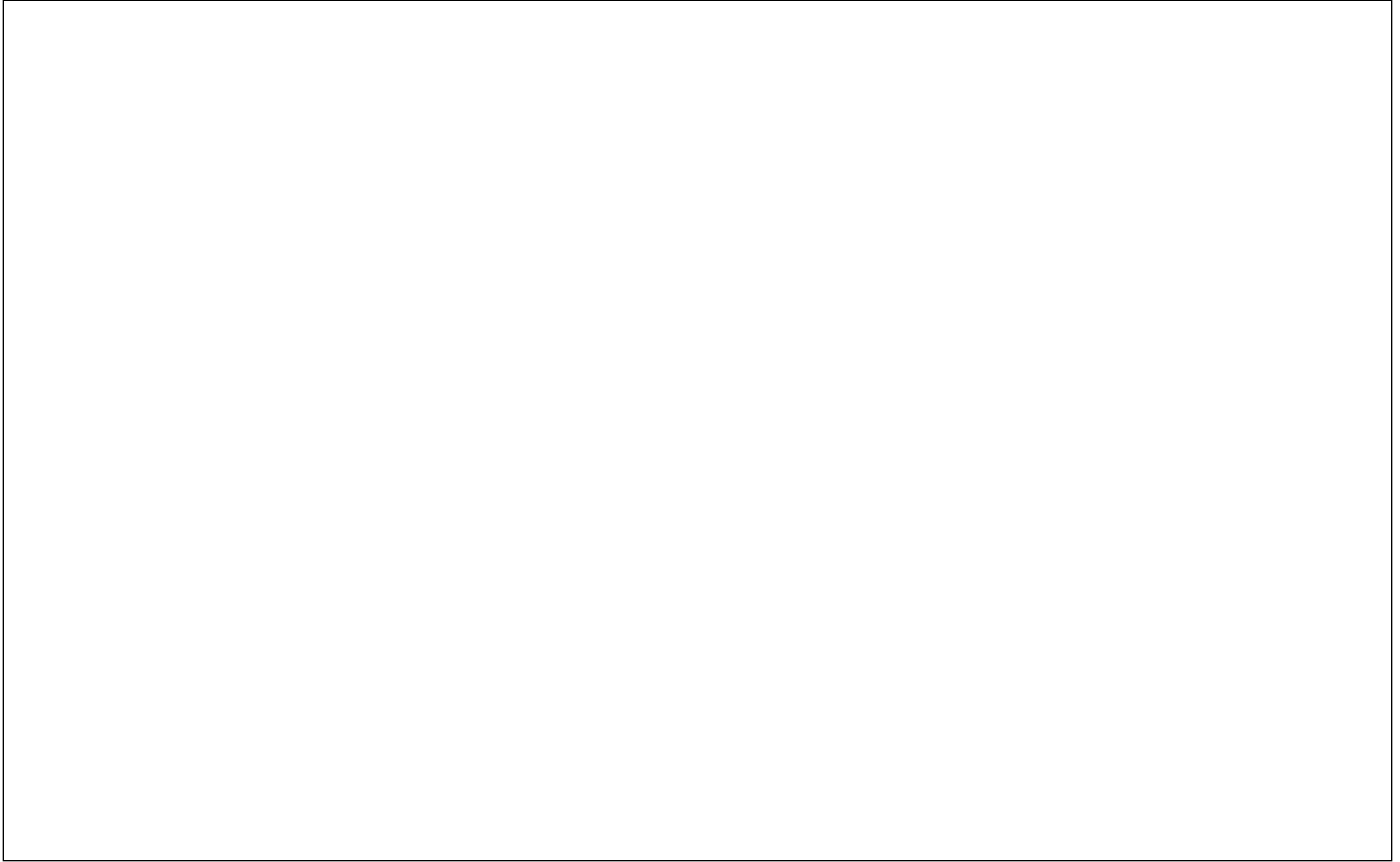


Think about your favourite place. Describe this place below - or write a story, draw a picture, or compose a poem about it.

What does this description, story, picture, or poem tell you about your relationship with that place?

Close your eyes and think about this: How are you feeling?

What do you see? Draw the image that came to mind with a lot or a little detail.



How did the visualization of your thoughts/emotions make you feel?

Check out: [*Being Wise with Our Feelings*](#)



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If so, you can write them below.

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MEANING

The *Indigenous Wellness Framework* tells us our mental wellness comes from rational thought, intuition, and understanding.

When you weave together the learning you gain through life and the learning you gain through your connection to your spirit, only then can you understand the Meaning of life and most of all, the Meaning of your own life. Finding Meaning connects you with life and living.

The *Why am I Here?* section of the *Soaring Together* website has resources that provide information and context to your experiences. This can enhance mental wellness and bring out your natural strength.



Check out: [*A Focus on Life and Living*](#)



What does living life in a good way mean to you?

You can describe what you have learned from others and what you know intuitively as you write your responses to this question.

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Check out: First Nations Views on Wellness and Healing



What do you know about your Creation Story?

First Nations people have a rooted understanding of wellness learned and passed down through the generations.

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What teachings do you understand from this story?

[illegible]

If you are unsure, you can reach out to an Elder or Knowledge Holder and come back to this page anytime. If you need help finding a gentle teacher, you can get guidance from pages 13 and 25 of the Life Promotion Toolkit by Indigenous Youth.



Create a family tree on this page, going as far back as you are able.

First Nation stories are much longer and richer than colonial history on these lands.

Check out: [Understanding Our Wellness in Context](#)



Are there other important people in your life who may not appear in your family tree?

You can include them below.

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You can reach out to people who may be able to help you, and come back to this page again any time. If you need help finding a gentle teacher, you can get guidance from pages [13](#) and [25](#) of the Life Promotion Toolkit by Indigenous Youth.



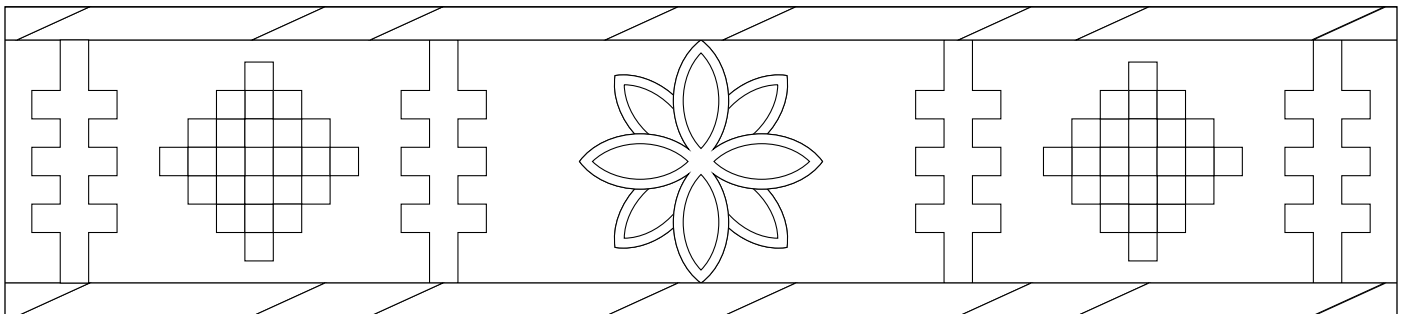
What are the things you do in your daily life that contribute to your wellness in the following areas?

Spiritual Wellness

Mental Wellness

Emotional Wellness

Physical Wellness



Check out: [Taking Care of Our Mental Wellness](#)



What are the things you would like to do in your daily life that contribute to your wellness in the following areas?

Spiritual Wellness

Mental Wellness

Emotional Wellness

Physical Wellness

What or who might be able to join or support you in this?

Here are some blank journal pages for you to write or draw in any time you like:

A blank journal page with horizontal ruling lines. The page is white with light blue horizontal lines spaced evenly apart. There are 20 lines in total, starting from the top and ending near the bottom. The lines are thin and light blue, providing a guide for writing without being distracting.

