

## Culture of Power

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| What was the culture of power in your home of origin? |  |
| What is the culture of power in your current home?    |  |

How do these models of power affect your current teaching/workplace practices?

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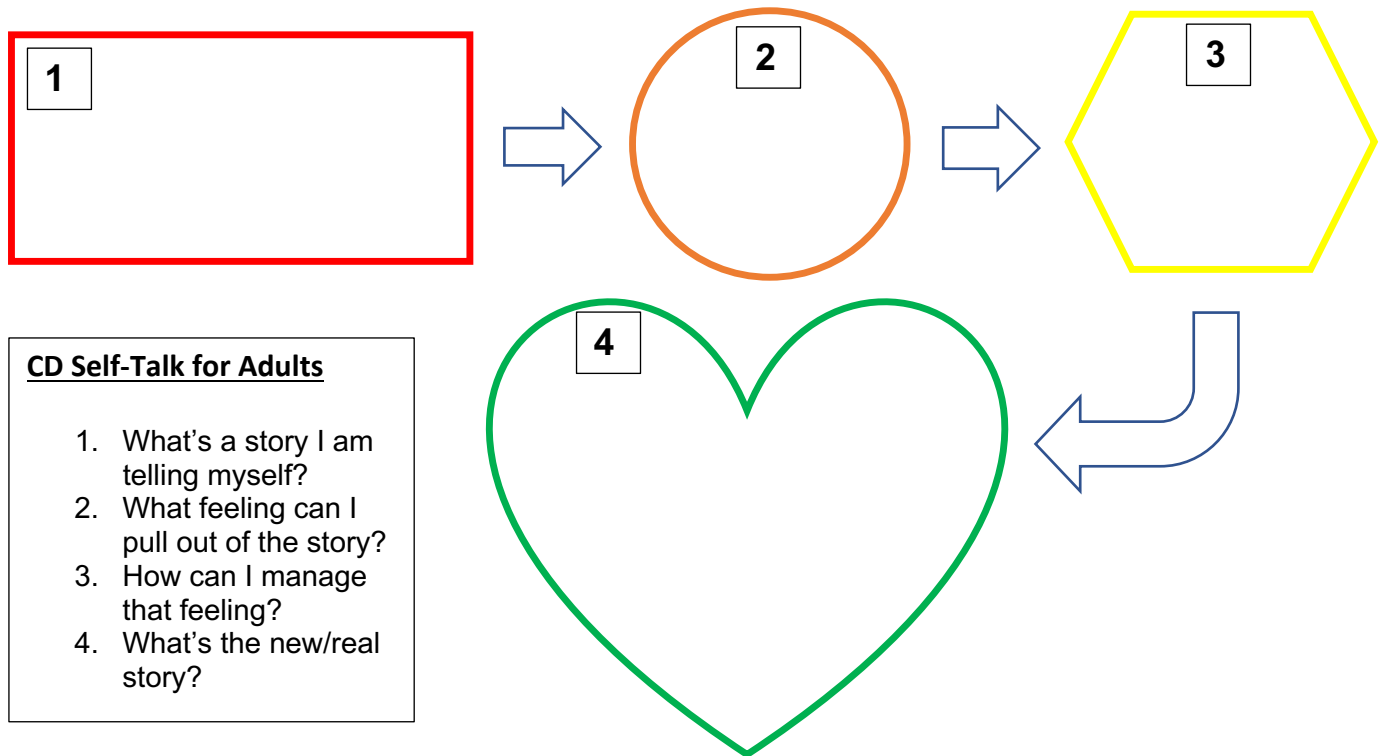
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## The Stories We Tell Ourselves

*"Thoughts are changeable; feelings must be regulated."* – Dr. Becky Bailey





*Remember that true love does not demand perfection. To truly love someone is to see the best in them, especially in the moments they are at their worst.*

## Seeing Yourself with Loving Eyes

Sometimes, when I am doubting myself, I think \_\_\_\_\_

\_\_\_\_\_.

But that is just a story I have told myself. In reality, I am someone who is

talented at \_\_\_\_\_ and someone who is passionate about

\_\_\_\_\_.

What really makes me come alive and fuels my fire is \_\_\_\_\_

\_\_\_\_\_.

I do my job because \_\_\_\_\_

\_\_\_\_\_.

So, on days when it's hard to see the best in myself, I will remind myself,

“ \_\_\_\_\_ [your name],

you are \_\_\_\_\_ [positive trait or strength],

you are \_\_\_\_\_ [positive trait or strength],

and you are \_\_\_\_\_ [positive trait or strength].

You have a gift for \_\_\_\_\_.

You are meant to be here.  
You are worthy of love and belonging.  
Your communities need you.”

That is why I am proud to say that my name is \_\_\_\_\_,

and I am \_\_\_\_\_.