

EXERCISE:

## CREATE A NAME FOR YOURSELF

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**Time Needed:** HOWEVER LONG YOU WANT

**Location:** ANYWHERE

*Think about who you aspire to be—whether it is the qualities you wish to demonstrate in your life or the roles you want to play in your community. Think of objects or adjectives that represent these qualities.*

*Perhaps it is an object in nature like the grandness and expanse of branches of a tree on your street or the flowing water in a river near where you live. It could be the changing shapes of a cloud or the sounds of an owl outside your window at night.*

*Or perhaps it is qualities like kindness, love, gratitude, strength, insight.*

*Create a name for yourself that represents the power, wisdom, and strength you want in your life.*

*You can keep this private, as something that is just yours. Or share the name with someone you trust, and tell them why you chose it.*

*You may want to draw a picture that represents your desired name or even write a song or poem that captures all the things you appreciate about it.*

In some Native American cultures, leaders and members of the community are initiated with a new name when they demonstrate power, wisdom, or strength. These names are often inspired by nature, like the names Sitting Bull and Red Cloud.