DEI ACTIVITIES:
A GUIDE FOR RETREATS
APPENDIX
THE FIVE MINUTE POEM

First Stanza: Familiar sights, sounds, or smells of your neighborhood
Second Stanza: Familiar foods
Third Stanza: Family sayings
Fourth Stanza: Friends and those that have influenced your life

I am from...

I am from...

I am from...

I am from...
<table>
<thead>
<tr>
<th>Concept</th>
<th>Description</th>
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<tbody>
<tr>
<td>Self Acceptance</td>
<td>Self respect, Self esteem</td>
</tr>
<tr>
<td>Adventure</td>
<td>Challenge, risk-taking, Testing limits, innovative</td>
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<tr>
<td>Creativity</td>
<td>Finding new ways to do things, innovative</td>
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<tr>
<td>Challenge</td>
<td>Testing physical limits, strength, speed and agility</td>
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<tr>
<td>Personal Growth</td>
<td>Continual learning, Development, of new skill, Self awareness</td>
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<tr>
<td>Balance</td>
<td>Unity of heart and mind</td>
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<tr>
<td>Inner Harmony</td>
<td>Freedom from inner conflict, Integrated, whole</td>
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<tr>
<td>Spiritual Growth</td>
<td>Relationship to higher Purpose, divine being</td>
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<tr>
<td>Knowledge</td>
<td>Seeking intellectual Stimulation, new ideas, truth, and understanding</td>
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</tbody>
</table>
INTELLECTUAL STATUS
Being regarded as an Expert, a person who knows

EXCELLENCE
Striving for perfection

COMPETITION
Winning, doing better than others

COMPETENCE
Being good at what I do, capable effective

ADVANCEMENT
Getting ahead, ambitions, aspiring to higher levels

POWER
Control over other people, making them do what I want

AUTHORITY
Having the power to direct events, make things happen

ACHIEVEMENT
Successful completion of visible tasks or projects

RECOGNITION
Getting noticed for Effective efforts
PLAY
Fun, lightness, spontaneity

FAMILY
Taking care of and spending time with loved ones

ROMANTIC LOVE
Deep devotion and Adoration of a long term partner

PLEASURE
Personal satisfaction, enjoyment, delight

COMMUNITY
Living where neighbors are close and involved

INTIMACY
Deep emotional, spiritual connection with others

HEALTH
Maintain and enhance physical well being

AESTHETIC
Desire for beauty, artistic

APPEARANCE
Looking good, dressing well, keeping fit
PERSEVERANCE
Pushing through to the end, completing tasks

SELF-CONTROL
Self-disciplined, restrained

TRADITION
Respecting the way things have always been done

SECURITY
Freedom from worry, safe, Risk free

RATIONALITY
Consistent, logical, clear, reasoning, unemotional

STABILITY
Certainty, predictability

FUTURE PLAN
Able to foresee what lies ahead and predict changes

PROSPERITY
Flourishing, well off, Affording what I want

NEATNESS
Tidy, orderly, clean
TOLERANCE
Respectful of others

COURAGEOUS
Standing up for your beliefs, overcoming fears

PEACE
End of war, non-violent, conflict resolution

HONESTY
Sincere, truthful

INTEGRITY
Acting in line with your beliefs

FAIRNESS
Similar opportunity, Respecting everyone’s rights

ENVIRONMENT
Respecting the future of the Earth

SERVICE
Working to provide for others in need in your community

FORGIVENESS
Able to pardon others and let go of hurt
BELONGING
Being connected to and liked by others

FRIENDSHIP
Close companionship, on-going relationships

COMMUNICATION
Open dialogue, exchange of views

DIPLOMACY
Finding common ground with difficult people and situations, resolving conflict

CONSENSUS
Making decisions everyone can live with

TEAM WORK
Cooperating with others towards a common goal

RESPECTFUL
Showing consideration, regarding with honor

COMPASSION
Care of the individual

HELPING
Taking care of others, doing what they need
<table>
<thead>
<tr>
<th>ALWAYS VALUED</th>
<th>OFTEN VALUED</th>
<th>SOMETIMES VALUED</th>
<th>SELDOM VALUED</th>
<th>LEAST VALUED</th>
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Deconstruct, Reimagine & Personalize YOUR Identity Wheel

**Race:**
*i.e.*: Black, White, Asian, Hispanic, Native American, Pacific Islander *(US Census)*
  + N African / Middle Eastern, Biracial, Multiracial

**Ethnicity:**
*i.e.*: African, European, Irish, Cherokee, Spanish, Arab, Jewish, Lebanese, etc.
  + Heritage, Genealogy

**Age:** Generation, Decade, Chronological Age, Younger, Older, Middle Age

**Gender:**
*Sex* *(female, male, intersex)*,  
*Gender Experience* *(cisgender, transgender)*
*Gender Identity* *(female, male, bigender, agender, genderqueer, 2-spirited, transmale, transfemale)*
*Gender Expression* *(scaled from masculine to feminine)*

*NOTE: People who identify as Transfemale ARE female, People who identify as Transmale ARE male.*

**Ability / Disability:**
Ambulatory, Cognitive, Sensory, Emotional, Learning, Temporary Disability, Impairments
  + Seen disability or impairment, Unseen disabilities or impairment

**Sexual Orientation:**
*i.e.*: Lesbian, Gay, Bisexual, Straight, OmniSexual, Asexual, Queer
  + Attractionality, Affectionality, Romantic Attraction

**Income:** Social Class, Socioeconomics, Generational Wealth/Poverty
*i.e.*: Poverty, Wealth, Working Class, Lower-Middle Class, Upper-Middle Class, Upper Class, Ruling Class, Owning Class

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<tr>
<th>Internal:</th>
<th>External:</th>
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<tbody>
<tr>
<td>Handedness</td>
<td>Marital &amp; Parental Status = FAMILY STATUS</td>
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<tr>
<td>Childhood Culture &amp; Influence</td>
<td>Travel, Language, Citizenship</td>
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<tr>
<td>National Origin</td>
<td>Veteran/Military Status</td>
</tr>
<tr>
<td>Body Type, Body Size/Shape</td>
<td>Social Network / Professional Network</td>
</tr>
<tr>
<td>Introvert / Extrovert</td>
<td>Specialized Training</td>
</tr>
<tr>
<td>Scientific / Artistic</td>
<td>Faith, Spiritual Practice, Denomination, Life Philosophy</td>
</tr>
<tr>
<td>Logical / Free Thinker</td>
<td>Health, Fitness, Wellness</td>
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Internal & External Dimensions of Identity
My Career Map to