



Activity: “Who I Am Is in my Grasp”

The purpose of this activity is to create a conscious connection with the pieces that make us who we are (self-belonging.)

What is self-belonging? Brené Brown describes this way, “In reality, the only true belonging that exists, and the connection that underscores everything else and all other relationships in life, is that powerful sense of belonging to ourselves. We are so often trying to belong elsewhere that we turn our backs on this most important and key aspect of belonging anywhere and everywhere in life. If we do not accept and love ourselves; if we don’t belong to ourselves, how can we truly belong anywhere else?” – from <https://uplift.love/brene-brown-on-true-belonging/>

This activity uses your fingers as a way of describing different aspects of who you are.

Naming the 5 fingers:

Thumb: **Places** (of connection) physical, emotional, spiritual

Pointer finger: **Interpersonal identities**

Middle Finger: **Social identities**

Ring Finger: **Positions** we hold

Pinky Finger: **Guiding values** and **beliefs**



1. Take **10 minutes** to think of as many descriptors as you can for each finger (use the palm as overflow space.)
2. Take **5 minutes** to **pair** with another person and **share** what you wrote down.

Guiding questions:

- What things did you have in common?
- What things were different?
- What were some descriptors that surprised you about your partner?

Group discussion questions:

- What descriptors would we use if we created a handprint for McMinnville as a community? What descriptors would be missing?
- In what ways does DEIAC represent the communities it serves? In what ways does it not represent the community?