

I Am From Poem

Use this template to draft your poem, and then write a final draft to share on blank paper.

I am from \_\_\_\_\_  
(specific ordinary item)

From \_\_\_\_\_ and \_\_\_\_\_  
(product name) (product name)

I am from the \_\_\_\_\_  
(home description)

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
(adjective) (adjective) (sensory detail)

I am from \_\_\_\_\_,  
(plant, flower, natural item)

\_\_\_\_\_  
(description of above item)

I'm from \_\_\_\_\_ and \_\_\_\_\_  
(family tradition) (family trait)

From \_\_\_\_\_ and \_\_\_\_\_  
(name of family member) (another family name)

I'm from the \_\_\_\_\_ and \_\_\_\_\_  
(description of family tendency) (another one)

From \_\_\_\_\_ and \_\_\_\_\_  
(something you were told as a child) (another)

I'm from \_\_\_\_\_,  
(representation of religion or lack of), (further description)

I'm from \_\_\_\_\_  
(place of birth and family ancestry)

\_\_\_\_\_, \_\_\_\_\_  
(a food item that represents your family) (another one)

From the \_\_\_\_\_  
(specific family story about a specific person and detail)

The \_\_\_\_\_  
(another detail of another family member)

\_\_\_\_\_  
(location of family pictures, mementos, archives)

\_\_\_\_\_  
(line explaining the importance of family items)

<p>Original Poem: <b>Where I'm From</b> <i>By George Ella Lyon</i> I am from clothespins, from Clorox and carbon-tetrachloride. I am from the dirt under the back porch. (Black, glistening, it tasted like beets.) I am from the forsythia bush the Dutch elm whose long-gone limbs I remember as if they were my own. I'm from fudge and eyeglasses, from Imogene and Alafair. I'm from the know-it-alls and the pass-it-ons, from Perk up! and Pipe down! I'm from He restoreth my soul with a cottonball lamb and ten verses I can say myself. I'm from Artemus and Billie's Branch, fried corn and strong coffee. From the finger my grandfather lost to the auger, the eye my father shut to keep his sight. Under my bed was a dress box spilling old pictures, a sift of lost faces to drift beneath my dreams. I am from those moments-- snapped before I budded -- leaf-fall from the family tree.</p>	<p>Model Poem: <b>Where I'm From</b> <i>By Ms. Vaca</i> I am from bookshelves, from vinegar and green detergent. I am from the dog hair in every corner (Yellow, abundant, the vacuum could never get it all.) I am from azaleas the magnolia tree whose leaves crunched under my feet like snow every fall. I'm from puzzles and sunburns, from Dorothy Ann and Mary Christine Catherine I'm from reading and road trips From "Please watch your brother" and "Don't let your brother hit you!" I'm from Easter sunrises and Iowa churches at Christmas I'm from Alexandria and the Rileys, Sterzing's potato chips and sponge candy. From my Air Force dad's refusal to go to Vietnam, from my mom's leaving home at 17. On a low shelf in my new house is a stack of photo albums, carefully curated by my faraway father, chronicling my childhood. I am from these pages, yellowed but firm, holding on to me across the country.</p>
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## HALT for bringing our best to the table:

H – Hungry  
A – Angry  
L – Lonely  
T – Tired

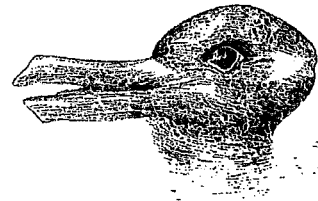
## Personal application activity:

Move to the place in the room where you belong.

## Relationship to past, present & future

- What makes that space home? (present)
- What invites you into that space? (present)
- What narrative (past story) formed that invitation?
- Was there at time when you would've chosen a different place? Tell that story. (past)
- Is there another place in the room where you would like to be? (future)
- How is your "place" defined in relation to everything else in the room and in your life? (present)
- What might your choice say about your attachment style (e.g., secure, avoidant, anxious or ambivalent)

## What do you see?

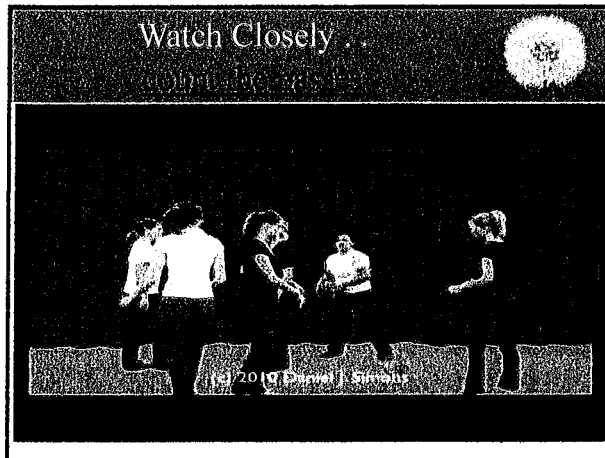


## Relation. Relation. Relation.

- "Relationships are all there is.
- Everything in the universe only exists because it's in relationship to everything else.
- Nothing exists in isolation.
- We have to stop pretending we are individuals who can go it alone."  
-Margaret Wheatley
- *Anabaptist centering values: Jesus, community & reconciliation*

## Pillars of Relational Wellbeing:

1. **Tending:** Bringing our best selves to the table
  - Noticing, attending to, priming & growing my best AND your best for *our* best (Jesus as the Way)
  - Creating habits of goodness for the common good
2. **Friending:** Building relational connection & capacity in a relational world
  - Meeting our human need to belong
  - Inspiring **community** wherever we go
3. **Mending:** Reconciling when relationships are broken
  - Restoring power to those harmed
  - Growing through conflict



Pillar #1: Tending. What is our capacity to attend?

1. 6 persons in any 2-person conversation: what was said, what was meant, what was heard.
2. 11 million bits of info coming your way in a moment – only 40 *consciously* processed in a second. (T. Wilson)  
OR: We have a capacity to *process* 120 bits a second and need at least 60 to understand one person talking to us. (M. Csikszentmihalyi)
3. Our minds wander 50% of the time. (A. Jha)
4. We filter information based on our expectations. What we believe determines what we attend to, **so be humble.**

Example of unconscious influences:  
"Does money make you mean?"

**Social psychologist Paul Piff's study:**

<https://www.businessinsider.com/tes-talk-monopoly-makes-people-mean-2014-8>

Tending self & others: Two-minute shalom-building

**S = Set the tone/guidelines:**

1. Put aside your own needs and focus first on a virtue that defines you.
2. Focus on a virtue you appreciate in the other person
3. Give presence with your whole body – no multi-tasking – be mindful

"It's good to see you, \_\_\_\_\_!" (need met: to be known)

**T = Tell the story:**

"What happened today?" (need met: to be heard)

**O = Offer support:**

"What can I do to help?" (need met: to be safe & supported)

**R = Reach agreement:** (need met: to be supported as "family")

"I will..."

**Y = Yay! Celebrate with gratitude:**

"I noticed ... So, thank you." (need met: achievement)

Tending to endings: Five-minute shalom offerings

**At the end of each day, for...**

- 2-3 minutes: write your "dones"
- 2-3 minutes: lay out your plan for the next day
- 1 minute: send someone a thank-you note or offer a prayer of thanksgiving

- adapted from Daniel Pink, *When* (2018)

The impossible dream: Work-life balance

**Remedy - find your love patterns:**

1. Twice a year for one week document "loved it" and "loathed it" activities in each day.
2. Recreate, refine, and add to "loved it" activities.
3. Your job feels meaningful if more than 20% of week has "red threads" of strengths ("strengths are activities that strengthen you" because you love them; they give energy).

- adapted from Buckingham & Goodall, *Nine Lies about work* (2019).

I'll assign you a partner for a 2-minute activity.

1. Partners: you have one koosh toy and two straws
2. Goal: pitch and catch the koosh – the thrower has closed eyes
3. Process: The person with eyes closed throws the koosh to the other person who talks through a straw
4. Take turns throwing & catching

## Pillar #2: Friending...

If you really knew me  
you would know that...

## Pillar #3 Mending: The S.T.O.R.Y. Process

### S = Set the tone/guidelines:

1. Put aside your own needs and focus on the other person
2. Give presence with your whole body – no multi-tasking
3. "Do you agree to use respectful words and take turns listening?"

### T = Tell the story:

"What happened?" (need to be heard)

### O = Offer support/solutions/suggestions:

"What can you do to make things better here?" (need for power)

### R = Reach agreement: (need for justice)

"I agree to..." (both parties contribute to the agreement)

### Y = Yay! Celebrate with gratitude:

"Thank you for ..." (need to belong)

## Relational well-being as an open heart

- Think of someone you love – someone who loves you deeply, or loved you deeply in the past.
- Imagine that friend in your presence now – smiling – patting you on the back.
- Imagine that friend telling someone else what a worthy person you are.
- Imagine that friend listening carefully and compassionately to your troubles.
- Imagine sharing good news with that friend, and their warm response.
- Now, imagine saying a heart-felt "thank you" to that friend.
- Now, attend to your body – to the feeling in your heart.

-R. Luskin, *Forgive for good* (2002)

## Post Conflict Growth (PCG)

(Luskin, 2011, adapted from P.C.G. Solution, 2012) Finkel & Calhoun, 2000

Think of a time in the past when you were in conflict with someone. Then share with a partner ONE of the following...

- **STRENGTH:** What strength did you observe in yourself through or after the conflict?
- **APPRECIATION:** What have you appreciated more since the conflict situation?
- **OPPORTUNITY:** Describe a new idea or avenue that you discovered through the conflict.
- **FRIENDSHIP:** Who are you closer to because of your experience?
- **FORGIVENESS:** Who needs forgiveness? Or What part can you own in the conflict?
- **OTHER-CENTERED:** How have you helped, supported or better understood others since your experience?
- **SPIRITUAL:** What spiritual growth have you experienced because of the conflict?

## Post Conflict Stagnation (PCS)

NOTE: These elements may be common in the midst and after conflict ("negativity bias"), but if they remain as a mindset over time, they become barriers to well-being

- Distrust
- Embodied Anger (illness)
- Loneliness/Withdrawal
- Negativity
- Blame
- Scapegoating
- Personalization/Defensiveness
- Vengeance
- Self-centered focus

Mending: *The Five Languages of Apology* (G.D. Chapman & J.M. Thomas, 2006)

1. "I'm sorry" (express regret)

-Example: "I am sorry that I violated your trust. I've created a roadblock in our relationship that I want to remove. I understand that even after I apologize, it may take awhile for you to venture down the road of trust with me again." (p.35)

2. "I was wrong" (accept responsibility)

-Example: "The way I spoke to you was wrong. It was harsh and untrue. ... [It was] unkind and unloving. I hope you will forgive me." (p.50)

3. "What can I do to put things right?" (make restitution)

-Example: "I don't feel right just saying 'I'm sorry.' I want to make up for what I've done. What would you consider appropriate?" (p.67)

Apology Languages cont.

4. "I'll try not to do that again. Instead I will..." (genuinely repent – promise to change)

-Example: "I know that what I am doing is not helpful. What would you like to see me change that would make this better for you?" (p.88)

5. "Will you forgive me?" (requesting forgiveness)

-Example: "I know that what I did hurt you very deeply. You have every right never to speak to me again, but I am truly sorry for what I did. And I hope that you can find it in your heart to forgive me." (p.102)

- When in doubt, do all 5!

Relational well-being: Symptoms of a 'we' shalom [a summary]

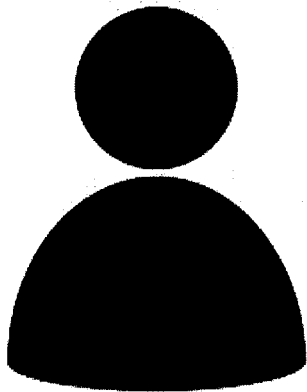
- Contented feelings of connectedness with God, others and nature. [spot in room, Open Heart]
- An unmistakable ability to experience "it is well with my soul" in the moment. [2 minute peacebuilding]
- A lived into reality that I am not well if you are not well. [monopoly, languages of apology]
- A loss of interest in judging other people. [monopoly]
- A loss of interest in judging self. [ "don't list" ]
- A self-transcendent, "us" mindset lived through frequent, overwhelming episodes of gratitude, compassion and awe. [PCG]
- An increasing tendency to let things happen rather than make them happen.??
- An increased susceptibility to the love extended by God with us as well as the uncontrollable urge to extend that love. [straws] - adapted from *Saskia Davis (1984)*

"From self-care to we-care: A relational view of well-being"

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# My Ideal Follower



Name:

Age:

Gender:

Location:

Favourite Apps:

What are my social media habits?

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Why do I use Instagram - what am I scrolling hoping to find?

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What are some of my favourite accounts on Instagram?

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# Instagram Content Matrix

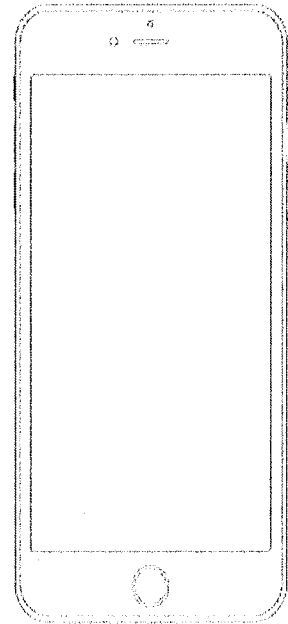
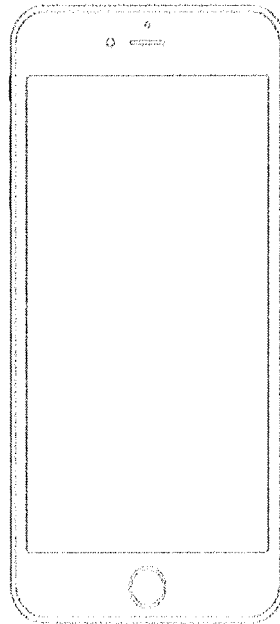
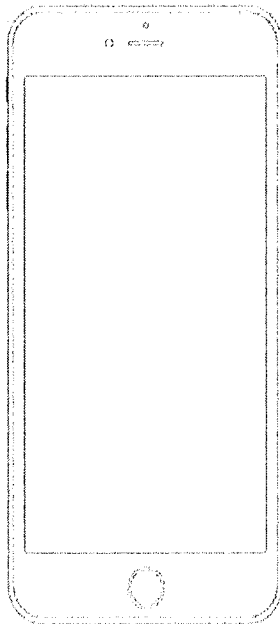
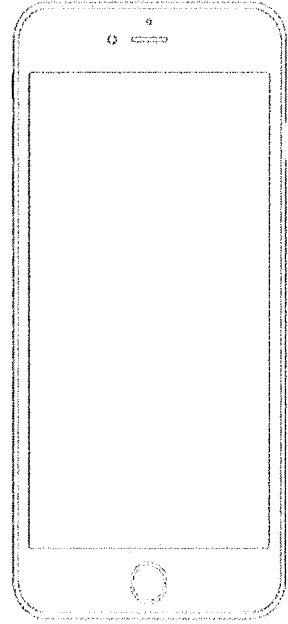
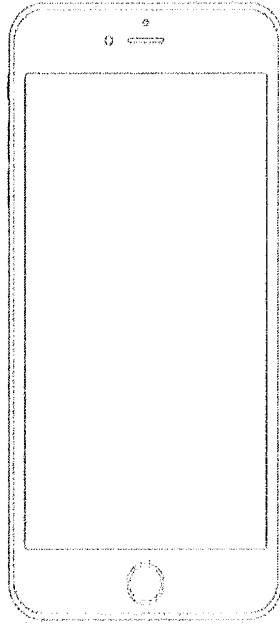
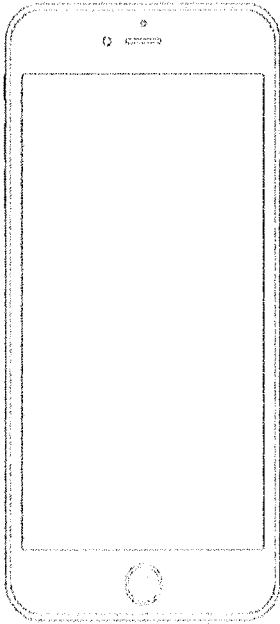
Entertain				
Encourage				
Educate				

@katiesteckly

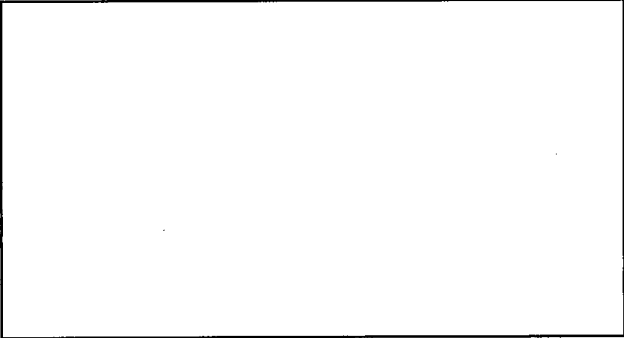


# Instagram Stories

Create three repeatable Instagram Story structures that will generate engagement with your followers. Think about utilizing the built-in engagement features from Instagram such as the Question box, Polls, Quizzes, Countdowns, etc.



# YouTube Ideation

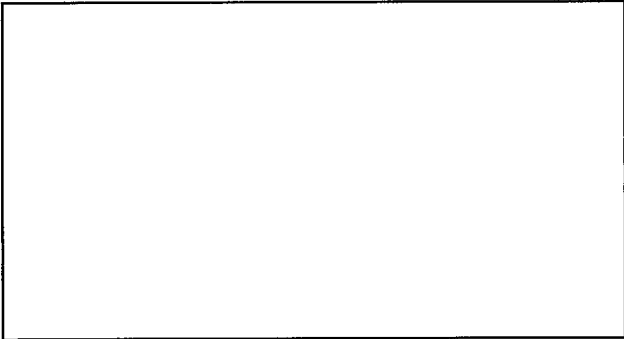


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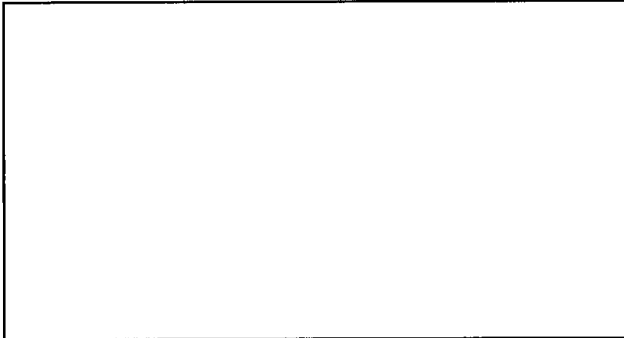


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