

## Journaling About Home

- Write a paragraph on home, whatever comes to mind, just put your pen on the paper, or your fingers on the keyboard, and write.
- Home occurs in all three dimensions – the subjective, the intersubjective and the objective. In other words, the I, we, and it of it...
  - How are you at home in your self – in your own skin, in your own body, in your heart, body, mind and spirit?
  - How do you feel at home in your culture? How does it reinforce or repel your sense of belonging at home? In your family, in your community, in your work world, in your country?
  - As you reflect on the concept of home, what six words come to your mind? How would you characterize home, looking at it as an observer?
- How does your current home, as a place, enhance your sense of belonging? And what does it make you long for?
- Who are the Others who contribute to your sense of being at home? Who is missing? Who is not contributing?
- How do you feel about the truth of the current climate crisis? What climate action have you already taken, and might you take, as you think about the future of our planet as our common home?
- How in your life have you felt homeless, alienated from home, in a Dark Night? Tell this story in the third person, as an observer would. For example, “It felt...” Now, change the perspective and make it personal, your “first person” story (i.e., change the pronouns to I, “I felt...”).
- Thinking of yourself as a leader, even if it’s just in your own life, what might you do to change your sense of home and increase your sense of belonging?