

UNIT 14

Inhabit With Respect

This week's tool is about intentionally acknowledging positive connections to the people in your life and the places you inhabit. Taking time to pause and reflect on people and places within your journey can help you to find a broader perspective.



TOOL 1

Acknowledging People

Connecting with people in your extended communities can reduce feelings of isolation. One way to connect with others is through sharing your appreciation for them. The simple act of expressing gratitude, whether you share it or not, can contribute to overall wellness.

Reflect. Each day this week write down one note of gratitude for someone in your life. No matter how big or small, write it down. At the end of the week, read back through your notes.



Share. Think of one person who has supported you to get where you are today. It could be an elder, a relative, friend, teacher, or mentor. Write a text, email, letter, or call with a message of gratitude.



TOOL 2

Acknowledging Place

Our lives move so quickly that at times we forget the land we inhabit for shelter, education, and community has historically been inhabited by others. At CU Boulder, we are visitors to unceded lands tied to the Arapahoe, Cheyenne, and Ute peoples. As a visitor, taking a moment to reflect on the things we may take for granted can deepen our understanding of gifts, both small and large, in our lives.

Reflect. Take a moment to acknowledge the places and spaces you inhabit. Choose one place and consider the following questions:

- What is my relationship to this place?
- What are the memories I have made here?
- What are the stories about this place and what can I learn from them?
- What are the histories of this place?
- How do I treat different places and spaces?
- What does this place communicate to me on a creative level?
- How does this place differ from other places I inhabit?
- What parts of this place comfort me?
- How can I leave this place better for others who will come after me?

Share. Contribute something back to the place you inhabit this week: Educate yourself about the history and stories of the communities and peoples who came before you. If you live in Boulder, discover the stories of the land at this link:

<https://www.colorado.edu/cnais/>

Take steps to protect the environment and the land.

See some suggestions at this link:

<https://www.colorado.edu/center/zero-waste/reduce>



REFLECTION QUESTIONS



Which of the Inhabit with Respect tools did you use this week? How did it go?



Are you interested in building one of the practices into your daily life?



Did you notice any challenges when practicing with the Inhabit with Respect tools this week? If so, what thoughts, emotions, or sensations did you notice?



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