



Exploration section : The heart

- Explore your emotions: how do you feel in this process? What is it transforming in you? How does this process emotionally touch you?
- Analyze your feelings: do you feel guilt? If so, why? Does it make you feel ashamed? If so, why? Do you think you need to be more attentive or develop your humility?
- Identify your confusion: what emotions do you feel when discovering new resources or content? Are you sad? Do you feel anger? Perhaps you feel nothing at all? In your opinion, why do you feel these different emotions?
- Be attentive: these moments are important to identify, as emotions are essential for understanding and developing the empathy necessary for your progress in the journey.

Discernment section : The spirit

- Delve into the heart of the matter: consider different perspectives, approaches, or resolutions to the questions you pose or to your emotions from sections 1 and 2.
- Reflect on your integration: how will you incorporate what you have learned or understood into your worldview? Will you incorporate it? Which values of your worldview does this touch upon? If it touches your values, how do you integrate all of this into your daily life?

Practice(s) section : The body

- Reflect on your evolution: identify new practices to implement, how to modify old ones, which resources will be involved, what new goals will be set, which new resources will be mobilized, etc.
- Take action: observe how these changes influence your daily behavior. Integrate your knowledge and understand how to share your new knowledge.
- Commit concretely: for example, take two or three commitments on Post-it notes to accomplish in your practice. An idea: you can learn a new word and use it at the right moment.

Analysis section : Thoughts

- Describe the information, facts, events, topics, etc., that you already know or are learning. Also, note the conversations you have had regarding Indigenous issues, whether positive or negative.
- Establish connections, try to make deductions, propose elements of understanding (such as hypotheses), rephrase or interpret, explain or question your own reactions to this knowledge you have accumulated. Reflect on the origin of these ideas: with whom did you discuss them and why do you already have these built thoughts about Indigenous peoples?
- Name the new resources you have read, the new experiences you have had, or the people you have met. Examine what interactions they provoke with what you already know. Are you shocked? Does all of this add to or subtract from your knowledge and experience?

