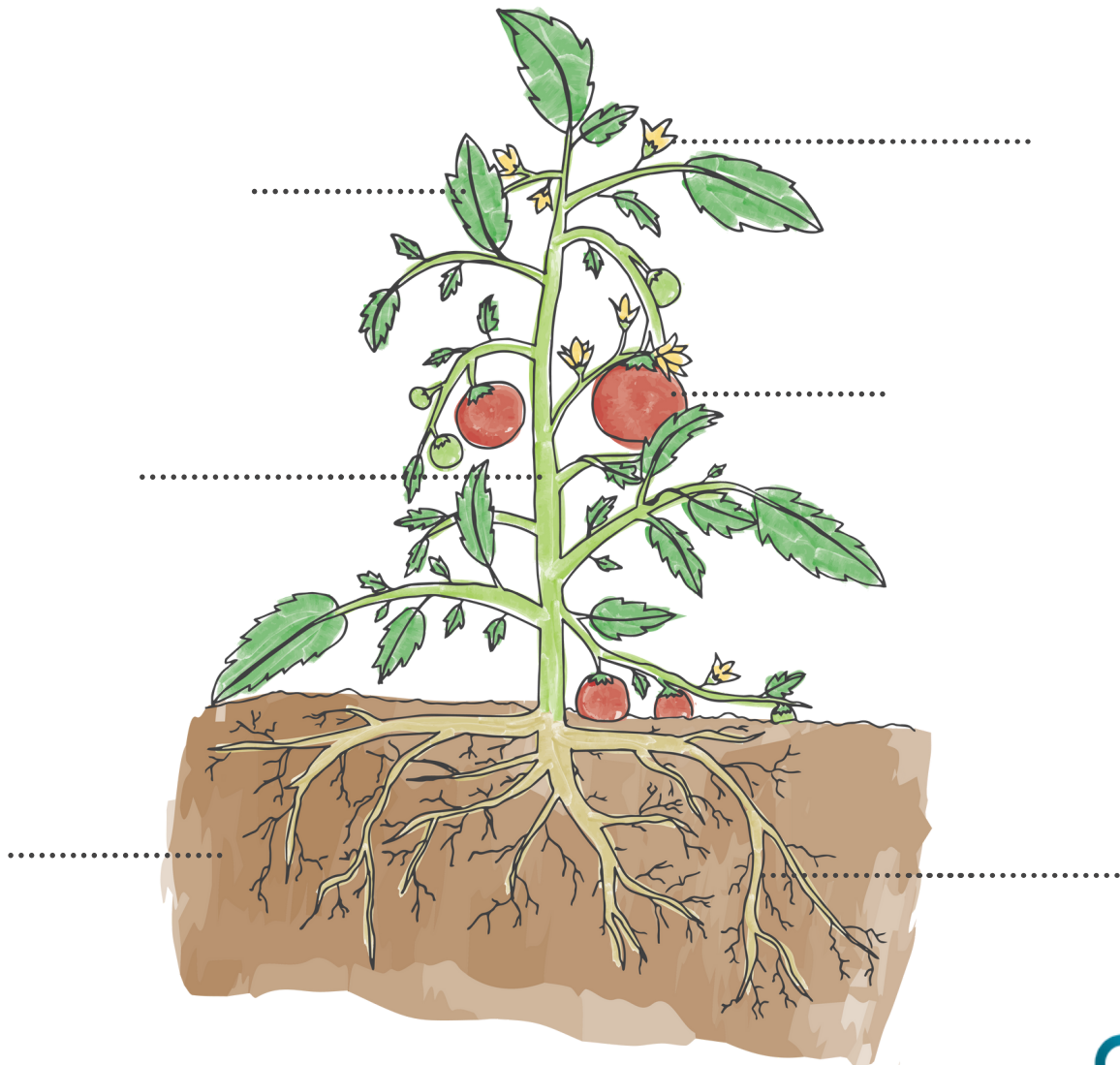
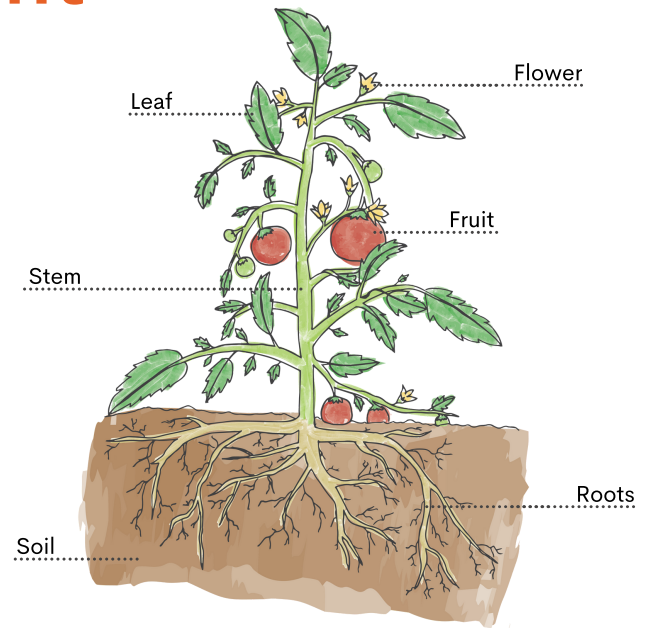


# Personal Identity Plant

- Flowers: most external traits, physical or personality, identities assigned to you, how society experiences you
- Leaves: things that give you energy and life, things that help you get stuff done
- Fruit: things you produce, outputs to your efforts, things you work towards
- Stem: different structures in your life that give stability, things that support you
- Roots: events, things, or relationships that have been formative, things that keep you grounded and centered, internal identities you hold/claim, how you experience yourself
- Soil: the communities around you or practices that replenish you deeply, your relationship to the land (personal or familial), the original Indigenous people of the land(s) you inhabit



## Personal Identity Plant Leader's Guide

This exercise is made to address our specific social locations and intersectional identities as individuals through the imagery of a tomato plant. Its optimal use is in a group setting where one can process and share in a community seeking to build a safe space that is hospitable to everyone. We can go deeper than what year in school we're in, what major, even what city we're from and what our cultural backgrounds are. We are people who are comprised of many histories, relationships, communities, and environments-- all of which have their own function in our identities and contribute to the whole of our selves, just like different parts of a plant. We are hoping you can discover an awareness of all the parts of who you are, even below the surface, and be able to share with your community in a helpful, holistic way!

### Facilitation

Everyone in the group should have their own copy of the PDF, and they can either print it out or take separate notes as you go along. Share information from the background that you think is helpful for your group to hear as well as any goals you have for your group using this exercise. The flow of facilitation is as follows: explain each part of the plant and what it represents, then give time for everyone to think about that part as it pertains to their identity and write it out, let a few people share their thoughts on that part, and move down to the next part. At the end of going through the different parts, each person should be given time to share their whole plant.

### Plant Parts

1. Flowers: most external traits, physical or personality, identities assigned to you, how society experiences you (think phenotype)
  - Examples: personal pronouns, race, Meyers Briggs and/or Enneagram type, able bodied/disabled, characteristics you're known for
2. Leaves: things that give you energy and life, things that help you get stuff done (think photosynthesis)
  - Examples: hobbies, going on walks, spending time alone or with friends, things you're passionate about, learning
3. Fruit: things you produce, outputs to your efforts, things you work towards
  - Examples: your goals in life, jobs, school, IV leadership, responsibilities
4. Stem: different structures in your life that give stability, things that support you
  - Examples: your daily or weekly routine, church gatherings, small groups, going to classes, seeing family, your fellowship, exercise or sports
5. Roots: events, things, or relationships that have been formative, things that keep you grounded and centered, internal identities you hold/claim, how you experience yourself (think below the surface and how wide and deep intricate roots can grow)
  - Examples: your family's immigration story, how you identify within your ethnicity, your journey with spirituality, your sexual and gender identity, experiences that have deeply shaped you
6. Soil: the communities around you or practices that replenish you deeply, your relationship to the land (personal or familial), the original Indigenous people of the land(s) you inhabit (think about the networks of microbacteria and fungi that are connected to the health of the plant but are not part of the plant itself)
  - Examples: your friend group or IV chapter, the neighbors you grew up with, prayer or meditation practices, gardening or swimming or hiking or composting, your family's connection to food or agriculture, your family history of land ownership, the Tongva people native to Los Angeles