



# TRIBAL TEACHING

Rewild Your Students. Rewild Yourself.  
www.tribalteaching.org

## Get Sh\*t Done Diagnostic

NAME: \_\_\_\_\_

**WHAT DAY(S) AND TIME(S) OF DAY DO YOU FEEL FULLY EMPOWERED? ( or When was there a time that you felt fully empowered?)**

**WHERE ARE YOU?**

What country? What state? What city? Are you downtown, in a suburb or the countryside? Are you inside an office building, museum, or place of worship? Are you in the woods, rivers, oceans or air?

**WHAT ARE YOU DOING?**

Are you working? Are you creating? Are you making things? Are you driving, walking, riding, climbing, swinging, flying, reading, or chatting?

**WHAT ARE YOU SEEING?**

Are you staring at sunsets or strip malls? Are you surrounded by prairies or pavement? Are you seeing trees or telephone poles? Are you traveling waterways or highways? Are you gazing up at mountains or skyscrapers? Are you enveloped in birds, bees and butterflies or billboards?

Are you surrounded by art or advertisements? Are you basking in natural light or artificial light?



# TRIBAL TEACHING

Rewild Your Students. Rewild Yourself.  
www.tribalteaching.org

If you are inside, describe the colors, textures, prints, and patterns that cover the walls? What physical objects surround you?

Is the television on? Are screens streaming videos? What images come across the screen? What kind of story do they tell? What kind of lifestyle do they celebrate? What message do they send you about body image and your role in the dominant cultural narrative? How do your body, mind and spirit respond?

## WHAT ARE YOU HEARING?

Do you hear music? What is playing? Do you hear commercials? What is being sold? Can you hear others people's conversations? What is being talked about? What is the tone? Can you hear laughter, singing or crying? Can you hear the hum of traffic and honking of horns? Can you hear the rustling of leaves? How do your body, mind and spirit respond?

## WHAT ARE YOU READING?

Are you reading emails, blogs, newspapers, glossy magazines, comic books, graphic novels, non-fiction, or textbooks? Are they challenging your beliefs? What images do they possess? How do your body, mind and spirit respond?

## WHAT DO YOU SMELL?

Do you smell flowers, sewage, heavy perfumes, diesel fuel, or green grass? How do your body, mind and spirit respond?



# TRIBAL TEACHING

Rewild Your Students. Rewild Yourself.  
[www.tribalteaching.org](http://www.tribalteaching.org)

## WHAT ARE YOU EATING?

Are you eating fast food, highly processed foods, or food right off the vine? How much of your food is already packaged and prepared? How much is from scratch? How much dairy? How much is raw? How much is vegetarian? How much sugar? How do your body, mind and spirit respond?

## WHAT ARE YOU DRINKING?

Are you drinking water, soda, juice, coffee or tea? Are you drinking an energy drink or frappuccino? Are you drinking alcohol? How do your body, mind and spirit respond?

## WHAT ARE YOU INHALING?

Are you inhaling exhaust, cigarette, cigar or pipe smoke? Are you inhaling something you do not want your Mom to know about? How do your body, mind and spirit respond?



**WHO SURROUNDS YOU?**

Who do you interact with in person or via social media? What do they expose you to? What do they tweet? What do they share? What do they like? What do they post? What do they talk about? What kind of conversations do you have with them? What are the topics? What's the tone?

How do your patterns of behavior change when you are around them? What do you eat? What do you drink? What do you think? How do you feel upon leaving them? Do you feel at your best? Do you feel at your worst? Are you your better self when you are with them?

NAME	WHAT DO THEY EXPOSE YOU TO?	HOW DO YOUR PATTERNS OF BEHAVIOR CHANGE?	DO THEY MAKE YOU FEEL AT YOUR BEST (y/n)?

**QUESTIONS:**

Do you recognize any uplifting patterns? Do you recognize any destructive patterns?

What interactive effects exist between what you eat and drink and your sense of empowerment?

What role do marketers and advertisers play in influencing your sense of empowerment?

What can you do to spend more time with those who make you better? What can you do to place limitations on those who move you away from who you want to be?