

MANTRA CARD: 'FINDING YOUR TRIBE' Exercise

"I'm Gonna Get Outside of ME." Sometimes the internal emptiness and pain that lead us toward despair or numbness grow out of specific life experiences — including loss, absence, or struggles in these areas:

Family • Friendship • Romantic / Loving Partner • Culture • Abuse • Trauma • Belonging to a Group • Place / Home
Generational Connections • Work / Professional Purpose • People Who Get You Thinking • Life Stage
Physical Fatigue • Play • Creative Expression • Spiritual Connection

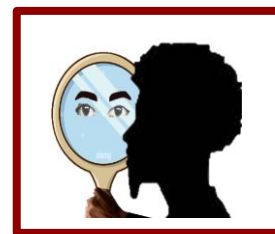
- 1) List the three areas where you feel the greatest lack, blockage, or suffering right now.
 - 2) List three areas you're curious about or feel a lack or blockage in — but not pressing.
- From these three areas choose one you'd like to explore and discuss with other people.

GOAL: FIND YOUR TRIBE

How Do you Find Them? Technology makes it easy to get through the day without speaking to anyone. We order food, do our shopping, and get directions from an app. We're car-and-online-oriented and afraid of the streets. Family's not talking to family. With time tight and money tighter — we wake up every day feeling behind. No wonder it feels foreign and strange making small talk with strangers, thinking on our feet, and connecting face-to-face.

We Need To Rediscover How To Do These Basics: Face-to-face encounters, talking to the people around us — strangers included — and asking, **"Do you know someone who might be interested in the same things I am?"**

TAKE THE NEXT STEPS ON YOUR "FINDING YOUR TRIBE" JOURNEY
One Black Woman StoryTelling written lesson and podcast:
www.catering2us.com



MANTRAS (Repeat)

**"MY PEOPLE ARE OUT THERE."
"BE CURIOUS – FIND MY TRIBE."
"EXPLORE. CONNECT. BE MYSELF."**

"The more you embrace the weird crazy things about you, the more you find your tribe." — Jinkx Monsoon

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SHAPE YOUR STORY IN THIS MOMENT WITH THE HELP OF MANTRAS

WHAT IS A MANTRA ?

A word, short phrase, sound, or visual – even a tattoo – a little something that reminds you who you are / want to be. Repeat it. Focus on it. Hold onto it when you need something to keep you calm and grounded through a difficult moment. It reminds you: You're Alive – The Future Can Be Different.

It's a **COMPASS** for the **JOURNEY** back to **YOU**

"MY WORLD IS ROTTEN / CURSED !
I'll never be happy because of all the things that happened to **ME** / that **I** don't have. People see **ME** as stupid / ugly / a joke / **THEY** don't even see **ME** (and i don't want them to)....."



"Hey, you're not seeing the real me – 'cause you're always feeding yourself those negative 'ME' stories."

" I'm not alone. I am with myself. " (Mirror Exercise - Say Aloud Repeatedly)

THE IMPORTANCE OF FINDING YOUR TRIBE

Meeting people who are open and curious and ask you to share who you are – can quiet all the voices telling you you're not enough. Then you start to realize how little you know yourself. That can be scary. Think you're too poor, too old, or that the world is too dangerous to start exploring the unknown ? But if you're curious – you're not lonely. If you're curious – you have something to stay alive for: what happens next. If you're curious – you are with yourself in a new, vivid way.

WHERE TO START ?

It's not about how long you've known someone or who you're blood with. You connect with your tribe not through age, background, or appearance — but through shared curiosity, creativity, laughter, struggle, or purpose.

YOUR TRIBE ARE THE PEOPLE WHO: 1) SEE YOU 2) RESPECT YOU 3) MAKE ROOM FOR YOU

Go Deeper into **"FINDING YOUR TRIBE"** with the written lesson and podcast: www.catering2us.com



ONE BLACK WOMAN STORYTELLING LESSONS

Helping working-class families reimagine their capabilities, and unlock, share, refine, and promote their stories — both personal and imagined.

Contact: catering2us@gmail.com / www.catering2us.com

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