**Weekly Reflection Template**

Describe what you thought about the week's content and/or how it made you feel.

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| The content covered this week went over things like the medicine wheel and the importance of smudging to indigenous people. I found the meaning behind smudging and the purpose behind the medicine wheel very interesting. It made reflect on my daily actions, choices, and beliefs. The medicine wheel overall focus on balance and wellbeing while smudging as well as being a possible way to communicate to the creator also acts as a reminder or prayer to do good. Just learning about these different things allowed me to reflect on how I try to keep my own life balance and the areas I need to work on. It also made me realize that even though I don’t identify as an indigenous person and therefore I don’t practice things like smudging, I can still learn things and apply them to my life for instance the importance of a balance in life. |

Develop a question(s) from the week's content that makes you interested in further inquiry.

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| Each of the 7 sacred teachings have an animal connected to it, How does each animal represent the teaching that it is associated with? |

Answer the following question: How can you bring forward what you have learned in your personal and/or professional life?

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| One of the things that was covered during lecture for a small period was the 7 sacred readings (Humility, Bravery, Honesty, wisdom, Truth, Respect, and love) and their importance. I think these principles can be used and applied in both my personal and/or professional life even though I do not identify as Indigenous. For instance, there are times in my life both personal and professional where I may require to be brave in order to advocate for someone, especially in an environment where I could find myself to be a minority or to be respectful enough to be able to create an environment where people can be able to trust me for me to be able to help them. The 7 sacred teachings are principles that I can bring forward in both my personal and professional life to increase the quality of life for me and the people around me. |