Your Unique Cultural Lens

Questions and a Hint to facilitate your exploration of Layer 1 — Heritage:

- Where were you born and where (in which towns, cities, countries, etc.) have you lived?
- What is your cultural background (list more than one, if applicable)?
- What are your parents' and grandparents' cultural backgrounds?
- What is the background of your spouse or partner? How has that influenced you?
- If your children are adopted, what are their cultural backgrounds?
- Which races are you connected or related to? How does that color your outlook on life?
- What lessons do these questions evoke about who you are?

HINT: Go beyond merely naming nationalities and deeply explore your roots.

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