



“No one can take away my heritage or history. At the same time, it is up to me to discover and embrace that knowledge.”

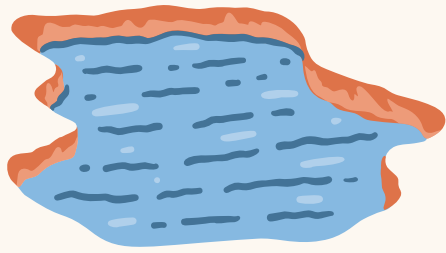
— The Thoughtful Beast

I'm not sure about you, but the Toronto heat and smog from the Quebec forest fires have made me think about our identities' blurriness.. As a diaspora from Hong Kong, it becomes more of a struggle when our identity is often tied in with the politics of a place and how other Hong Kongers see themselves through these perceptions.

As a Canadian, what other nationalities perceive us as are superficial at best and very generalized at worst. We all know there is a gap between what is actually lived and what is labeled.

But what about navigating what we tell ourselves about our identity?

Here is a summer identity map that will allow you to enjoy the sunshine while finding a deeper rooting into what identity means to you and how your identity can shape the world around you as well:



The Lake of Self-Recognition

is about learning what is you and what is not. Our identity comprises our history, thoughts, achievements, beliefs and stories. You can dive deep or catch the surface reflections by:

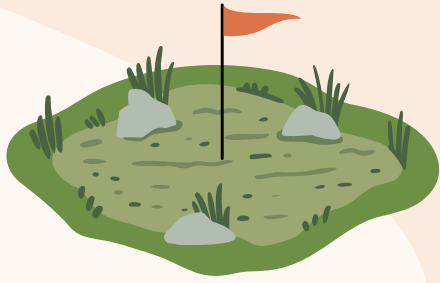
- Having coffee chats with good friends and learning more about yourself through their eyes
- Reflecting on your year, or last two years or last five years on what you have told others about yourself and what you haven't or are not ready to yet
- Taking a boat ride down memory river to reflect on key parts of your journey that were pivotal to where you are now
- Take the time to hydrate here and remember the good and fond times of your history

The Ancestor's Mountains

is a place to rest, explore and grapple with where you come from and what you will choose to continue exploring and bringing into the future.



- Asking about your family history from existing family members
- Collecting family recipes, photos or artifacts
- Explore mindfulness practices or find new places in your neighborhood or city that you make your refuge
- Get to know yourself better by learning something new and observing your reactions or feelings around the activity
- Accept who you are by realizing your unique history is yours and not the same path as everyone else's
- Go to a new landscape and sense who you are in some new place; what do you automatically bring with you? What do you let go of when the people around you are new to you?



The Park of Comforts

is where you treat yourself with the things that make you happy and easeful. A part of comfort is learning to discern what is yours and what isn't.

- Go to that spa or massage appointment
- Take a walk in the park and notice where your feet take you
- Get to know yourself through your pleasures
- Spend time with people who make you feel hopeful, inspired and worthy
- Get that dessert or treat to start or end the day

Superego Forests

are all about reflection, whether it's from journaling, therapy, group therapy or chatting with a good friend. This is where your values and morals meet your instincts and desires. Your superego moderates the two to help you see who you are.



- Take that camping trip or time in nature or something that will give you the space to get back to yourself
- Reevaluate if your time, energy and resources are going towards what you truly value
- Think about your 'role' in your group of friends and circles and what you think you are truly meant to do and be
- Be with the trees and the silence



Character Party Central

means it's time to see and become aware of who you are in front of different people. Ride the waves of what people already perceive you as, who you know and want to be.

- Go to that party or gathering your new friend invited you to
- Express yourself through your clothes, your art, your activities and choices
- Discern who you want to dance with in life and when
- Become aware of how you want to contribute to the world around you
- Fight for something worthwhile or get involved with politics, activist teams, protests or other organizations you believe in

Meditation Museum

is all about exploring the tools you need to navigate life's challenges and joys while being able to notice them and continue to connect with who you are.



- Check out a new yoga studio or mindfulness center
- Talk to your friends about their journey and be curious about their tools
- Explore new ways to connect with your body mind
- Remember that you are also a spiritual being; find small rituals to help you remember who you are and who you want to become
- Use your resources to give value to the things you say you believe in
- Follow through with promises to yourself

So take summer by the hand and guide it through connecting with yourself more! It is a journey of many landscapes and places, and sometimes you may feel lost.

Being knowledgeable about yourself is one of the most underrated superpowers to navigate a complex world and, thus, a unique identity.

Hope your summer can be one of discovery and joy!

Stay hydrated!

With care,



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- Supporting you from anxiety to carefreeness!

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