

# Sweetgrass People: Resilience Culture

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# Cultures of Respect











Resilience "The  
courage to surmount  
life challenges."

Dr. Martin Brokenleg





# Belonging

Mitakuye Oyasin- We are all related



"Be Related,  
somehow, to  
everyone you  
know."

Ella Deloria





# Independence

"Responsibility: Self-Control, Self-Confidence, Shared Responsibility"

Brendtro, Brokenleg, & Van Bockern



True Independence  
requires  
Interdependence





Mastery

Experiences of Success







Success motivates  
future success



# Generosity

Every human needs a  
purpose





"Children are the purpose of life. We were once children, and someone cared for us, and now it is our time to care."

Eddie Belleroy, Cree Elder





# Not all heroes wear capes!





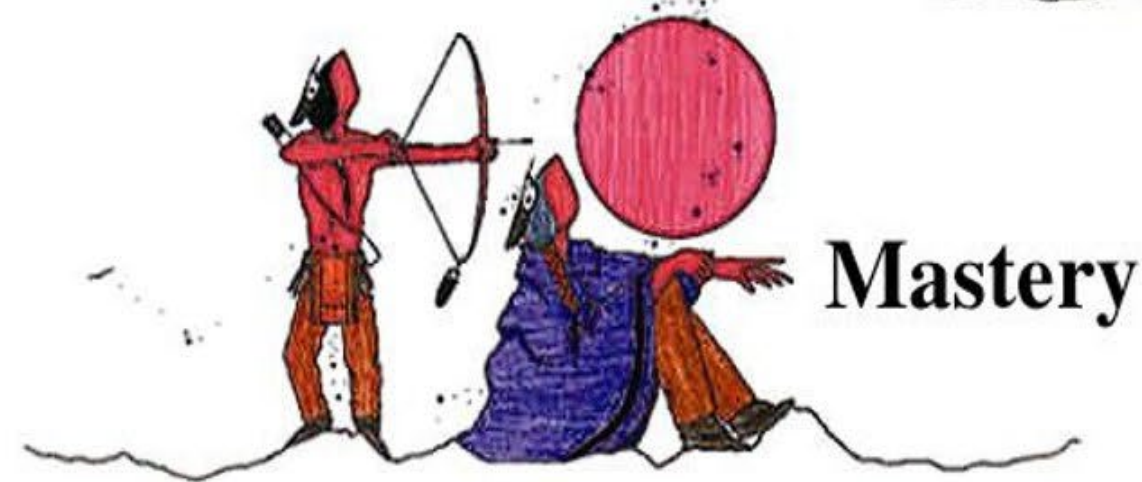
**Generosity**



**Independence**



**Belonging**



**Mastery**





"What counts in life is not the mere fact that we have lived. It is what difference we have made in the lives of others that will determine the significance of the life we lead."

- Nelson Mandela