

IQ PRINCIPLE REFLECTION

Pijitsirniq: Serving and providing for family and/or community.

Let's start with closing your eyes and take a few deep breaths, open them when you feel ready to begin this page.

A common misunderstanding when it comes to providing and serving in community is that actions need to be grand and reach many people. Although it is important to make big efforts, we can't forget how the smallest gestures of consideration and kindness also ripple through communities. Consider what serving and providing in a community really means to you as an individual.

Think back to a time when you felt supported by fellow community members and it made your day better. Maybe it was someone holding the door open for you, sharing a meal with you or even just a gentle smile during a difficult time.

Reflect on what was important for you in these interactions below and I'll also invite you to reflect on some ways you might practice Pijittirniq in your own day to day life. Or you can reflect on a time in your life when you were inspired by or admired someone who embodied this principle for their community.
