

IQ PRINCIPLE REFLECTION

Qanuqtuurniq: Being innovative and resourceful

Relax into a comfortable position, take a few deep breaths and let's begin when you feel ready.

Inuit are very well celebrated for being innovative and resourceful. For example, creating Inuit Qaujimajatuqangit as societal values that apply to all aspects of life and guide us to live in harmony with ourselves, our environments and others.

Reflect on a time when you or someone you admire relied on being innovative and resourceful to find a solution. What are you most proud of or amazed by from that situation? Or consider how you can practice this principle in your everyday life.

This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.