

The Interdependent Identity Canvas

A developmental map for the journey from fractured to interdependent identity — the interior foundation that makes all other work sustainable.

NAME

DATE

COMPANION / GUIDE

2 Locate Yourself on the Journey

Each stage has its gifts. Don't rush — honor where you are while moving forward.



Dissonance

Noticing contradictions, feeling uncomfortable

WHERE AM I?



Exploration

Experimenting with new frameworks and practices

WHERE AM I?



Integration

Interdependence becoming more stable

WHERE AM I?



Embodiment

Whole identity as default operating system

WHERE AM I?

1 Assess Your Current Identity

SELF-REFLECTION

Whose well-being does "success" include? How far into the future do your decisions reach? Is nature backdrop, resource, or living relation? When others suffer — implicated, or separate?

ORGANIZATIONAL

What identities does your culture reward — competitor, optimizer, caretaker, steward? Who is "we," and who is "they"? Are decisions judged by individual gain or collective impact?

3 Build Your Practice Ecosystem

Choose two or three, from different categories:

- ECOLOGICAL

SOCIAL

HISTORICAL

CONTEMPLATIVE

ORGANIZATIONAL
- ☐ Sit-spot weekly · learn ten local species

☐ Mutual aid · listen without fixing

☐ Read a suppressed history · honor lineage

☐ Meditation · somatic practice · journaling

☐ Stakeholder voice · seven-generation thinking

4 Find Your Support

Hard to do alone. Build a community of practice; find mentors and guides; therapists or spiritual directors if needed. Watch for overwhelm — guilt, burnout, cynicism, perfectionism — and meet it with boundaries, rest, and self-compassion.

5 One Practice to Begin

The one practice you'll begin now, and who will walk it with you. One practice. One companion.

Connected & responsible

The Embodiment Question — What would change in your work, relationships, and sense of purpose if you fully embodied the identity of someone connected to — and responsible for — the larger systems you participate in?