



Zitkála-Šá Worksheet

Let Others Know Who You Truly Are

After a challenging upbringing, Zitkála’s passion for self-expression led her to pursue various creative avenues, as she became an educator, performer, composer and writer. She not only composed the first opera adapted from the Native American oral musical tradition but also served as editor of the “American Indian Magazine”, contributing articles, autobiographical narratives and legendary stories from Native American history.

Zitkála let others know who she truly was through **REFLECTION** and **REVELATION**.

REFLECTION — Take an inner journey to let your mind explore the dimensions and workings of your character. Ask yourself:

Am I in touch with my motivations for doing the things that I do? What do I have to do to help me delve more deeply into my soul to discover my true self?

REVELATION — Zitkála sang and wrote about her struggles as well as her triumphs. Reveal your inner truth, open a window to your soul. Sing your own song. Write your own story. Ask yourself:

Am I willing to be transparent about my strengths as well as my weaknesses — my past as well as my present? In what ways can I creatively express what I learn about myself to others?