

Ten Dimensions of Belonging (Carter, 2016)



1. Think about a time or place where you experience(d) a strong sense of belonging...

Within this time and/or place, I felt...	
Invited	
Present	
Welcomed	
Known	
Accepted	
Supported	
Cared for	
Befriended	
Needed	
Loved	

- How has that experience of a strong sense of belonging impacted your sense of hope?
- How has that experience of belonging impacted your ability to bounce back from adversity (i.e., resilience)?
- Think about your personal and professional roles. Whose sense of belonging do you impact? Whose sense of belonging could you impact?
- How do your actions, beliefs, and/or viewpoints directly or indirectly communicate to others that they do or do not belong?
- What is the next step to building belonging in your work, family, or community? What do you need to start, stop, or build upon?

Are individuals and their families...	What are we doing really well right now?	What could we be doing more of or entirely different?
Invited		
Present		
Welcomed		
Known		
Accepted		
Supported		
Cared for		
Befriended		
Needed		
Loved		

7. If everyone was invited, present, welcomed, known, accepted, supported, cared for, befriended, needed and loved how would fostering BELONGING bring HOPE in the present moment?

