

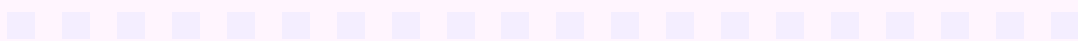


MIXED MENTAL ARTS

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WHITE BELT WORKBOOK

CULTURE



READ

REFLECT

ACT

WWW.MIXEDMENTALARTS.CO

YOU ARE IN A CULT

YOU'RE PROBABLY IN SEVERAL CULTS, SOME THAT INTERSECT AND SOME THAT MIGHT EVEN BE OPPOSITES.

EVERYTHING IS A CULT WITH RULES (WRITTEN OR UNWRITTEN) FOR DRESS, BEHAVIOR, LANGUAGE, ETC.

EX. MILITARY CULTURE, SOCCER MOM CULTURE, YOGA CULTURE, DANCE DAD CULTURE, CORPORATE CULTURE, W.E.I.R.D. CULTURE

WHITE BELT TEST

PICK ONE OF THE CULTURES YOU IDENTIFY WITH AND GIVE YOUR CULTURAL CONFESSION. TELL US YOUR STORY IN ANY MANNER YOU LIKE BE IT POEM, PARAGRAPH, OR PHOTO COLLAGE.

WHERE DID YOU GROW UP?

WHERE ARE YOUR PEOPLE FROM?

WHAT DO YOU EAT?

HOW DO YOU DRESS?

WHAT CUSTOMS DO YOU OBSERVE?

HOW DO YOU FEEL ABOUT EDUCATION, RELIGION, SCIENCE?

HOW IS YOUR CULTURE SUITED TO THE ENVIRONMENT?

YOU CAN ANSWER AS MANY OF THESE QUESTIONS AS YOU LIKE OR ADD MORE OF YOUR OWN THAT SEEM APPROPRIATE. WE WANT TO KNOW YOU!

MIXEDMENTALARTS.CO/SUBMIT-YOUR-CULTURAL-CONFESSION/

CONGRATULATIONS!

**YOU ARE STARTING TO SEE THE MATRIX.
READY TO SEE JUST HOW DEEP THE RABBIT HOLE GOES?**

START THE YELLOW BELT