

**BUILDING OUR AWARENESS  
AROUND OUR PERSPECTIVES,  
PREJUDICES AND PRIVILEGE**

**\*because your external world behaviors and reactions will always mirror your inner world.**



***helping leaders focus and connect to scale***

**[www.akuanm.com](http://www.akuanm.com)**

Thank you so much for taking the time to download this resource.

This worksheet was inspired by [Layla F Saad](#), who does Anti-Racism work.

This exercise will help you better understand how you react to different situations and individuals. It is meant to help shed light on some of our beliefs that impact our thoughts and how we behave towards ourselves and others.

I created this worksheet to help me become more aware of some of the stories I tell myself around feeling too inexperienced <insert multiple ways in which I limit myself> in some professional situations. This exercise can also be used in your personal life and is a significant first step to uncovering some of your unconscious biases.

### **WHY IS THIS A VALUABLE EXERCISE?**

We tend to assume that people will engage with us and see things from our perspective.

They don't.

And if we want to be successful, we need to learn to uncover, shift, and communicate our strengths and weaknesses. Our thoughts and beliefs impact our results. So, if we have negative or unconstructive thoughts (for example, that black is bad), we might be holding ourselves back with negative thoughts that sabotage our ability to succeed.

Answer these questions by finishing the sentence with the first thing that comes to your mind.

Let this process be "rapid fire" and do not overthink your answers.

This exercise works best when you allow a free-flowing response without judgment.

Remember – you do not need to share this with anyone, so please write out everything first, then go back and start to reflect on whether you find what you write serves you.

Privilege is:

White is:

Black is:

One of my least favorite physical qualities is:

One of my favorite physical qualities is:

When I hear someone with a British accent, I think:

When I hear someone with an American accent, I think:

When I hear someone with an African accent, I think:

When I hear someone with my accent, I think:

I hate it when people in the workplace:

I hate it when women in the workplace:

I hate it when men in the workplace:

A quality I admire most in leaders is:

A quality I admire most in a female leader is:

A quality I admire most in a male leader is:

When people don't believe what I believe I:

When I am uncomfortable I:

When I am angry I:

At my best I: