

Privilege Reflection Worksheet

A Companion Exercise to "My Origin Story: Standing in Truth About Privilege"



What you'll need:	This worksheet (print it out or fill it digitally)
Time commitment:	10-15 minutes
Mindset:	No editing, no judgment—just let it flow. Take a deep breath and jump in.

STEP 1: CREATE YOUR PRIVILEGE LIST

Remember: Your list may be short or long. This is about self-reflection and non-judgment. Be gentle with yourself—self-reflection can be tough, especially if it's been a while since your last session.

My Privilege List

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TO GET YOU STARTED

If you are reading this on a smartphone, computer, or tablet, it is a privilege that is not afforded to most in this world.

Other Privileges to Consider:

- **Physical:** Health, appearance, ability
- **Social:** Race, gender, sexual orientation, family structure
- **Economic:** Wealth, stability, education access
- **Geographic:** Safe neighborhoods, good schools, healthcare access
- **Cultural:** Language skills, social connections, family support
- **Circumstantial:** Timing, opportunities, being in the right place



STEP 2: REFLECT AND FEEL

Once you've completed your list, work through these reflection points:

- ☐ Read it back to yourself slowly: Take your time. Let each privilege sink in.
- ☐ Allow yourself to feel gratitude: What emotions come up? Notice them without judgment.
- ☐ Truly appreciate them: What do they mean to your life?
- ☐ Imagine life without them: What challenges might you face?

Reflection space:

The feeling that comes from understanding what it would be like to lose and be one with less—that is compassion.

My thoughts and feelings after this exercise:

STEP 3: UNDERSTAND THE WEIGHT

Check the experiences that resonate with you or someone you know:

- | | | |
|--|--|---|
| <input type="checkbox"/> Hard experiences: | <input type="checkbox"/> Being undervalued | <input type="checkbox"/> Feeling unloved |
| <input type="checkbox"/> Being dismissed | <input type="checkbox"/> Being prejudged | <input type="checkbox"/> Feeling vulnerable |

Also, hard experiences:

- | | | |
|--|---|--------------------------------------|
| <input type="checkbox"/> Taking responsibility | <input type="checkbox"/> Examining the ugly sides of life | <input type="checkbox"/> "Adulthood" |
| <input type="checkbox"/> Self-reflection | <input type="checkbox"/> Growth | |

Personal reflection:

What stood out to me most about recognizing these difficulties:



FINAL REFLECTION

"Anything that is not growing is dead." — Lauryn Hill

Action planning:

One specific way I will use this awareness in the next week:

One person I want to share this exercise with:

How I will approach that conversation:

How has this exercise changed my perspective?

What will I do differently moving forward?

Remember: Privileges are blessings to be acknowledged, not guilt to be carried.

*Whether you are privileged or underprivileged, it is important to stand in truth.
Let's stand together. Let light, love, and gratitude be with you always.*

Coach Suanshine