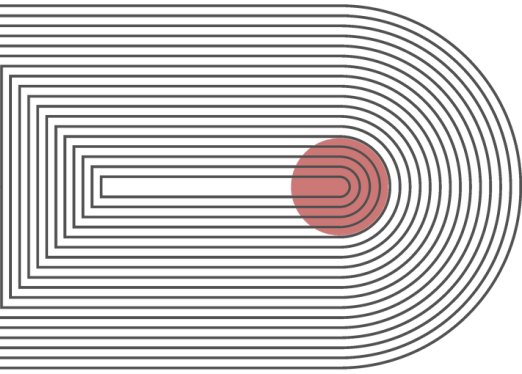




REFLECTIONS

RACHEL RICKETTS

Now that we've dug deep and as they say, 'ripped the band-aid off', let's take some time to reflect on all we've unearthed.




***CONFRONTING
OUR TRUTH IS
NO EASY THING***

so if you're feeling all the feels, congrats, you're human!

This worksheet will help you further unpack + process what we've learned – mind, body and soul. The goal here is to simply get more comfortable with our discomfort. You've been summoned to do the work + I'd hate to see you get in your own way!

INSTRUCTIONS





This worksheet takes approx. 45 mins to complete. Do not analyze or overthink what you're writing, just let it flow as quickly as you can. When you're ready, print this sheet (or use your own journal to answer the q's) and find a quiet, relaxing space where you can be alone. It helps to have a hot drink, light a candle and/or play gentle music in the background. Whatever feels best and most comforting for you.

This will likely be a challenging exercise so be sure you're in the right headspace to take on the emotional labour.

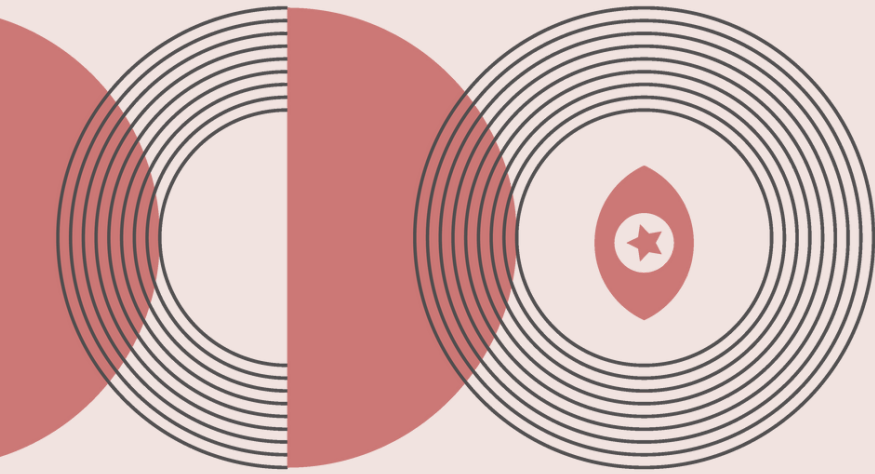
Close your eyes. Breathe in through your nose and out through your mouth. Repeat this three times. When you're done, open your eyes, follow the prompts below and get to writing! If you can, I urge you to write with your non-dominant hand. This helps get you out of your head and into your heart.

If you get stuck on a question, skip it and head back to it at the end. Do your best to answer them all, it is hard but this work is crucial and I believe in your ability to do hard things.

Answer questions #1-5. When you feel complete, finish up then read over what you've written. I suggest sleeping on it then come back once you've had some time to digest, re-review and write down your 3 commitments.

When you've completed your 3 commitments at the bottom of the page, cut it off and stick it up somewhere you can see it everyday like your bathroom mirror, desk or fridge. Revisit and update the commitments whenever needed.





You will likely feel drained when you're finished so give yourself what you need in order to process (i.e – maybe avoid heading out for a night on the town mmmkay?).

NEED MORE HELP?

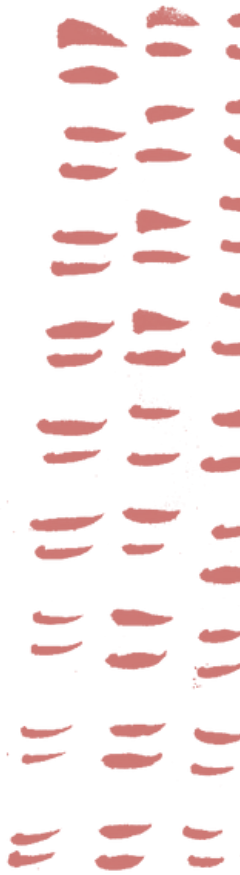
- Sign-up for my Spiritual Activism 102 webinars on my website.
- Join my inner circle to stay in the know.

With mad love & light! xo

1. How does your heart feel right now? Why? If you feel discomfort, where does it live in your body? What is it trying to tell you?

2. What was your biggest takeaway from the workshop + why?

3. Has your perception of yourself and/or others shifted? If so, how?



4. How have you been perpetuating white supremacy in your daily life (be it from racism [white folx] or internalized oppression [BI&PoC])? How does it feel to acknowledge this truth?

5. How can you best nourish yourself with compassion for any harms that have been inflicted upon you [BI&POC] or harms you have inflicted on others or yourself [all], as a result of white supremacy?

cut here > > _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

I COMMIT TO FURTHER ADDRESSING MY RACISM (WHITE FOLX) OR INTERNALIZED OPPRESSION (BIGPOCS) IN THE FOLLOWING 3 WAYS:

#1.

#2.

#3.



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