

A hand with several bracelets and a ring reaches up from the bottom left towards a reflection in water. The reflection shows a person's legs and torso. The background is a calm body of water with a light blue and white sky. A large, semi-transparent orange rectangle is positioned behind the text.

REFL ECTI ONS

RACHEL RICKETTS

WORKSHEET



Once again you've had a chance to dig deep to unearth and acknowledge your racism and white supremacy, and the ways it has and continues to cause harm.

CONFRONTING YOUR RACISM IS LIKE PEELING AN ONION. THERE ARE OH SO MANY LAYERS + THE CLOSER TO YOUR CORE YOU GET, THE MORE POTENT THE PAIN

If you're feeling it - that's okay. This worksheet will help you further address what was brought up during the webinar.

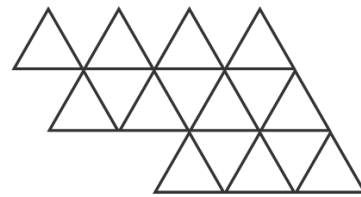
Racial justice will never be realized unless white people are actively dismantling their own racism. Time to **do better!**

INSTRUCTIONS



- 1.** 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.
- 2.** This will likely be a challenging exercise so be sure you're in the right headspace to take on the emotional labour.
- 3.** 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.
- 4.** 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.

5. 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.
6. 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.

[Join my inner circle for exclusive tools + resources.](#)

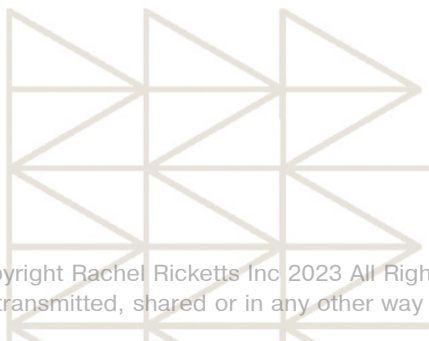
With mad love + light! xo R

- 1.** How does your heart feel? 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.** How have you participated in cultural appropriation? What harms did it cause? How can you cause less harm moving forward?





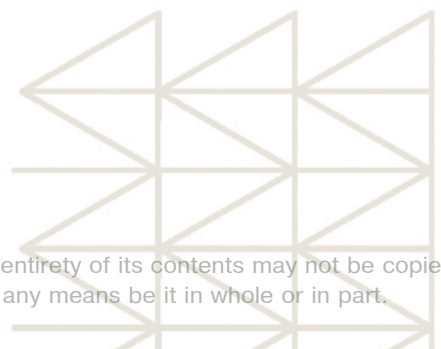
4. How have you participated in spiritual bypassing either personally and/or professionally? What harms did it cause? How can you cause less harm moving forward?

5. Are you able to be emotionally present when individuals need to share their feelings about race/racism (esp. BIPOC)? Do you readily accept BIPOCs perception or perspective with our "proof"? If so, how? If not, why + what are you doing to change that?

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

I COMMIT TO CONTINUOUSLY EXAMINING, ACKNOWLEDGING + RECTIFYING THE HARMS I HAVE + WILL CAUSE TOWARDS POC IN THE FOLLOWING WAYS:

- #1.
- #2.
- #3.



RACHEL RICKETTS



www.rachelricketts.com

support@rachelricketts.com

[@iamrachelricketts](https://www.instagram.com/iamrachelricketts)