



Self-reflection

YOUR JOURNAL TOWARDS RECONCILIATION



1. Take a moment to think about your culture and the community and family that raised you. Using the iceberg model as a reference, think about how you might describe your culture. Consider each of the following aspects and think of specific examples:

- food and music, including at community celebrations
- family traditions
- style of communication and language
- family and family roles
- values and beliefs
- perceptions of justice
- how you express humour
- other attributes of your culture

2. What did you learn about your culture, assumptions and beliefs? What do the characteristics of your culture tell you about your world view?



Self-reflection

YOUR JOURNAL TOWARDS RECONCILIATION



3. Think of a time when you noticed that someone was biased against you. Have you ever realized that you had a bias against someone else? We invite you to write about how these biases affected you and the people around you.

4. Have you encountered any stereotyping, prejudice or discrimination of Indigenous peoples? How has this impacted your ideas about Indigenous peoples?

5. Think about a particular person or situation and ask yourself these questions: What are my biases? Are my biases automatic thoughts? How do they make me feel? What will help me understand my biases?

6. When you think about an "Indigenous person," what characteristics come to mind? Where do you think these characteristics come from? We all have biases without realizing it. Reflection is part of learning about our biases.



Self-reflection

YOUR JOURNAL TOWARDS RECONCILIATION



7. Identify an aspect of your work that might have a negative impact on Indigenous peoples. Considering what you have learned, could this example be considered discrimination? Why or why not?

8. What does respect look like for you?

9. What are the top 3 things that are important to you in a working relationship? Write them down.