

# THE 5 WHY'S ACTIVITY

**What:** The 5 Why's activity is a process we will use to dig deep and discover your personal motivations for engaging in your own decolonization journey.

**Why:** Ultimately, this activity pushes us to think deeply on our underlying motivations. We hope that by exploring the why behind your own desires to decolonize yourself, you will feel more grounded in understanding which topics, communities, and movements that align with your personal values around social justice.

**How:** You will answer the initial prompt (found below), and then begin asking yourself "why" that statement is important to you 4 more times. This is a little difficult and squishy, but we encourage you to block out 30 minutes to do this reflection activity. This is also very personal, so know this information is only for you and will not be shared with anyone (unless you want to process with someone you trust in community). Remember there are no wrong answers, and although it is hard to get all the way to why #5, we encourage you to try your best and be a bit vulnerable with yourself.

---

**Prompt:** Why is working towards decolonization important to you?

Why #1: Answer to the initial prompt

*It means that I can heal from the impacts of inter-generational trauma that have plagued my Black community for so long.*

Why #2

*"What has led you to believe that/think that/feel that?"*

*I've seen my family and community suffer from the impacts of poverty and struggle to stay afloat in the system. I want to serve as a model for what it looks like to value myself and my life beyond the value placed on me by systems that see me as a cog in the machine.*

Why #3

*"Why do you believe that/think that/feel that?"*

## THE 5 WHY'S ACTIVITY

*I believe that by devaluing life, we ultimately hurt ourselves as a society because we limit someone's ability to live deep into their purpose. I feel the world would be a better place if we were all activated to live our most desired lives and lean into our joy and pleasure.*

### Why #4

*"Why do you believe that/think that/feel that?"*

*I've seen folks who found their passions and lived them fully and they've aged better and seem to inspire similar results in the folks around them. This has had a huge impact on how I've navigated the world. I've committed myself to living a life of joy so that I can model it for the folks who come after me – especially Black youth who don't always get to witness that in the folks in their community.*

### Why #5

*"Why do you believe that/think that/feel that?"*

*I believe you have to be the change you want to see in the world. I know that the youth is the future, so by honoring my own joy and pleasure, I'm sending waves into future realities.*

Upon reflection, I might decide that I really want to explore pleasure activism and/ or decolonizing joy!