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

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| Why #1: Answer to the initial prompt |
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| Why #2 |
| *“Why do you believe that/think that/feel that?”* |

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| Why #3 |
| *“Why do you believe that/think that/feel that?”* |

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| Why #4 |
| *“Why do you believe that/think that/feel that?”* |

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| Why #5 |
| *“Why do you believe that/think that/feel that?”* |