

Mental Checklist

A Mental Checklist is a series of questions you design to remind yourself to look at how a particular action or decision is influenced by **dominant cultural norms, expectations and power dynamics**, and that you can use to look for **entry points for change**.

Example 1: What are the differential consequences of my decision for various groups? Who stands to lose the most if my decision is a poor one? Have I fully taken into account the risk to people or groups not represented at this table?

Example 2: What worldview am I privileging as I consider what actions to take? What other viewpoints do I need to learn and consider before acting?

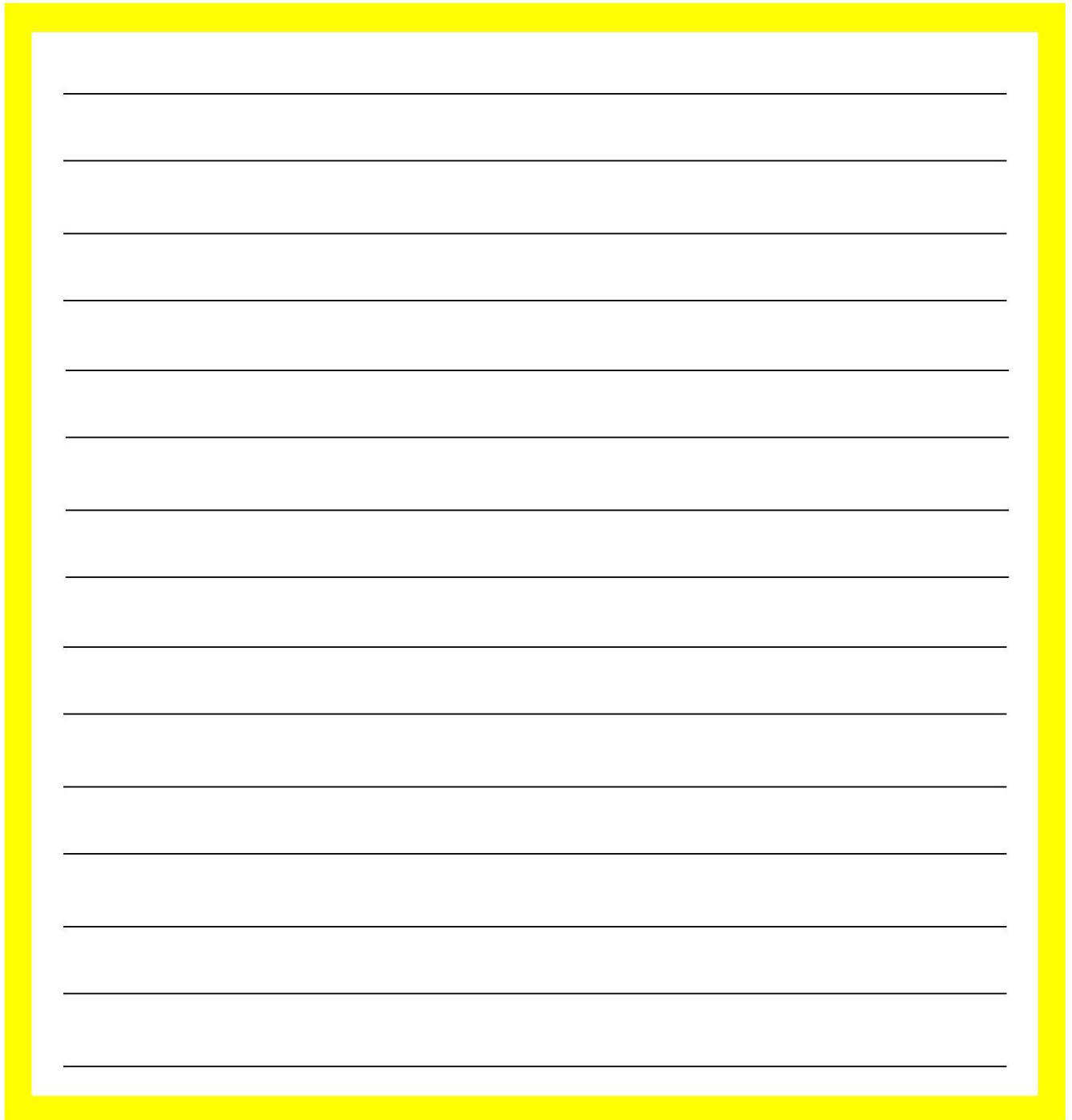
Example 3: How are my actions colluding with my privilege in this particular instance? What could I do right now in this situation that would be useful and effective and not collude with systemic consequences of privilege?

Some reflection questions to consider:

1. In your sphere of influence, what does/could your mental checklist look like?
2. What is a question you could ask yourself that would help you stay aware of white privilege or its consequences?
3. What's a question you can ask yourself to challenge your own assumptions around cultural norms and expectations?

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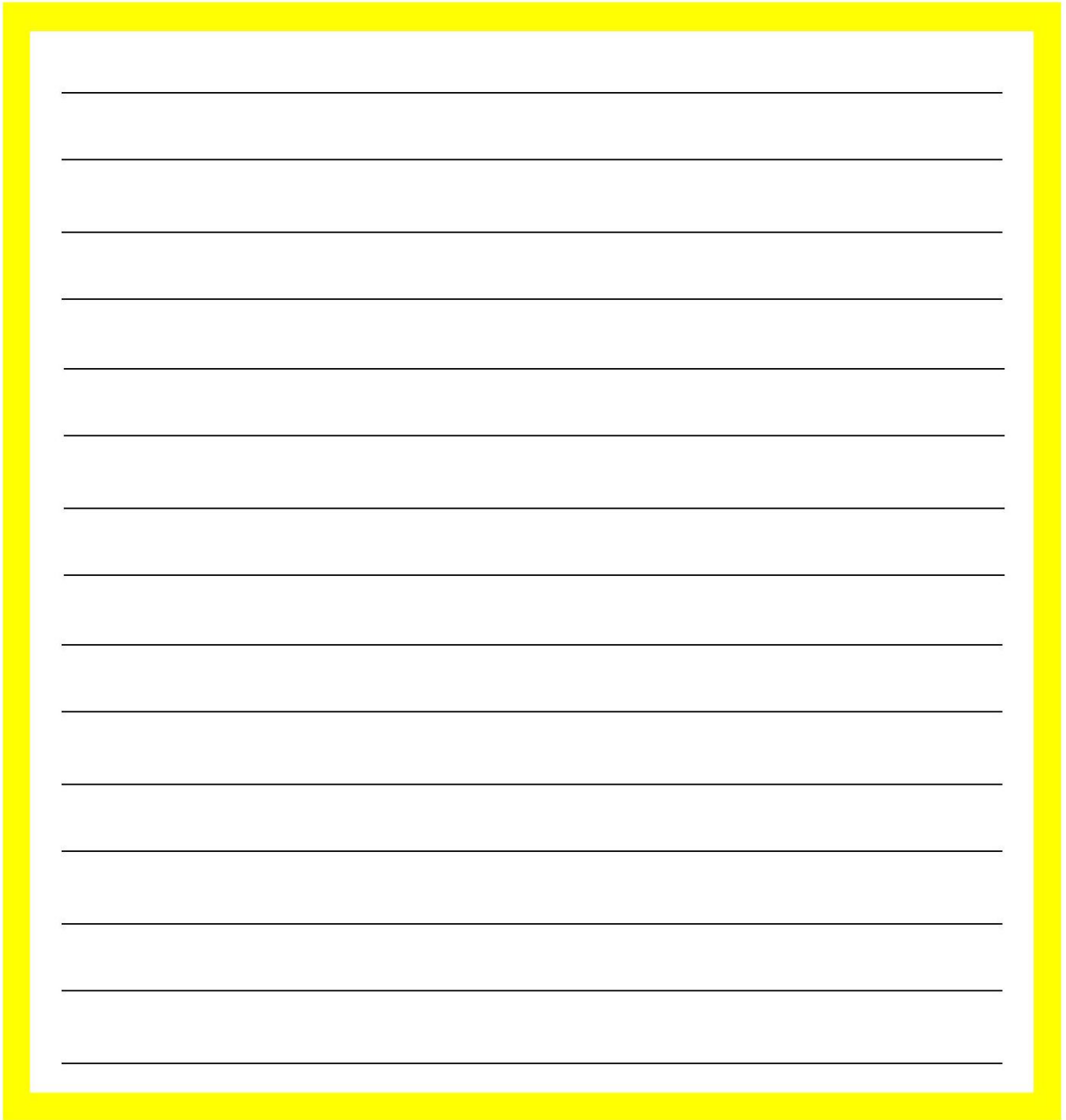
Mental Checklist Questions



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Mental Checklist

Mental Checklist Questions



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