

Prompts for Self-Reflection

Take time to reflect on your personal history and biases to help you become more aware of the ideas and assumptions you hold about yourself and others.

Define your own culture/identity

How do ethnicity, age, family, experience, education, socio-economic status, gender, sexual orientation, religion, etc. impact your interactions with clients?

Become aware

What are your personal biases and assumptions about people with different values than you?

Challenge yourself

How are your values different from other people's? How might your values not be the 'norm'?

Engage in personal reflection

Remember a time when you became aware of being different from other people and how you dealt with it. Perhaps you were visiting another country and did not speak or read the language; how did you manage?

Ask yourself questions after meetings

What assumptions did you make? What are you curious about? What might increase your understanding of the client next time you meet?

Identify challenges

Identify challenges you experience taking a cultural humility perspective and supporting health literacy. Reflect on challenge of adopting a cultural humility perspective and supporting health literacy. How can you learn and grow from each experience?