



## Stop Worrying About Privilege & Be Grateful

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This worksheet will help you increase your understanding of privilege so that you can use your privilege to work toward your full potential (and help others along the way).

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How do you feel when you hear the term privilege (white privilege, male privilege, straight privilege, etc.)?

If someone said that you are privileged, your instinctual response would be:

Prompts:

- To deny it.
- To feel guilty because you know it's true.
- To not only deny it, but blame someone else who is "more privileged" than you for your lot in life.
- Agree and try to figure out how you can best use your privilege.

How do you define privilege?

Blank response area for defining privilege.

Does that definition trigger the instinctual response you noted on the prior page? How?

Blank response area for discussing instinctual responses.

Based on your definition, what privileges do you have?

Blank response area for listing current privileges.

What privileges would you like to have? Why?

Blank response area for listing desired privileges and reasons.

Of the privileges you have, which ones were you born with?



Which ones did you obtain? How did you obtain them?



Could you obtain the privileges you would like to have in the same way? If not, how could you obtain them?



How are you using the privileges that you've identified on a daily basis?



Is this use leading you toward your full potential? Or helping to lift others up? How?

If you answered no, what one action could you take today to better utilize your privileges?

Have you thought about how grateful you are to have these privileges yet today? You just did 😊 Now, just continue to do that every day. Plus, take the action you identified above every day, and you will see amazing changes in your life.