Now that you've read "White Privilege and Black Excellence", please take a few minutes to complete the following exercise.

2-Minute Reflection:
"Self-Consciousness"

- When do you feel like you "belong"?

- What does is look like when you are questioning whether or not you have been fully included, or whether or not you should be part of a (discussion, get-together, project at your workplace etc.)?

- Throughout your day, how often are you aware of your physical appearance?

- What triggers this awareness?

7-Minute Activity:
"Sit With Yourself":

- Find a quiet place to sit. Close your eyes, resting your hands on your lap. Inhale and exhale ten times, making sure to focus on the sound and feel of the air entering and leaving your nose.

- If you can, take note of where you feel tension in your body.

- Open your eyes. Ask yourself: "What in my life causes me to experience stress?"

- Consider your Socio Economic status growing up. Were you aware of it?

- If you were, why were you? If you weren't, why weren't you?

- Close your eyes once more. Relax your shoulders, arms, and hands.

- Inhale and exhale ten more times, paying attention to the inward and outward movement of your breath.

- What makes you feel ashamed (how often do you feel shame)?

- What makes you proud?

5-Minute Activity:
"Alternative Life":

- Visualize your immediate family. Next, think about your aunts, uncles, grandparents, and cousins. Now, bring to mind your friends, and your "family-friends" growing up.

- What kinds of people are you close with now?

- What do they look like? What level of education have they completed? What books do they read? Where do they shop? Are they "worldly"?

- What do their families look like? Do their families possess any material wealth?

- Now, use your imagination to change the circumstances you've visualized.

- For example: If your family has long history of undergraduate, or postgraduate degrees, imagine your family with no college degrees.

- What else would be different?