

25 Questions to Help You Reflect on the Current Moment

We are living through historic times. We encourage you to spend time reflecting on what you believe so that you can articulate your viewpoint for yourself and others, if you choose to share it

Our hope is that this tool will foster important conversations that continue the local and national dialogue, in a safe and structured manner. If you find this resource useful, please share with others in your life.

Write your answers to the following 25 questions in order.

1. Why do you think self-reflection is important?
2. This is the dictionary definition* of United States of America: *country (a federal republic) in North America bordering on the Atlantic, Pacific, and Arctic oceans; capital Washington area 3,796,742 square miles (9,833,517 square kilometers), population 329,256,000*
How do you define the United States of America?
3. What makes you happy about the current climate in our country?
4. What makes you unhappy about the current climate in our country?
5. Do you share how you feel about the United States with others? Why? Why not?
6. How would you explain the current state of the United States to a 5-year-old?
7. How would you explain the current state of the United States to a 90-year-old?
8. Whom do you look to for guidance on your views of the United States?
9. Whom do you not respect for guidance on your views of the United States?
10. This is the dictionary definition* of equality: *the quality or state of being equal*
How do you define equality?
11. What is an example of equality that you have witnessed, seen, or heard of?
12. Do you share how you feel about equality with others? Why? Why not?
13. How would you explain equality in 2020 to a 5-year-old?
14. How would you explain equality in 2020 to a 90-year-old?
15. Whom do you look to for guidance on your views of equality?
16. Whom do you not respect for guidance on your views of equality?
17. This is the dictionary definition* of racism: *a belief that race is the primary determinant of human traits and capacities and that racial differences produce an inherent superiority of a particular race*
How do you define racism?
18. What is an example of racism that you have witnessed, seen, or heard of?
19. How would you explain racism in 2020 to a 5-year-old?
20. How would you explain racism in 2020 to a 90-year-old?
21. Whom do you look to for guidance on your views of racism?
22. Whom do you not respect for guidance on your views of racism?
23. Look at your answer to question 1. Do you like your answer? If yes, why? If no, why not?
24. Review all of your answers, from 2-22. Do you notice a pattern? What do you like about your understanding of each of the terms we reflected on? Do you feel that you could improve your understanding of these terms? Share your answers with others.
25. After fully completing question 24 and sharing with others, answer the following: What is one new habit or practice that you can incorporate into your life, based on this reflection exercise?

**The dictionary definitions used in this exercise came from Merriam-Webster online.*