



Personal Self-Assessment of Anti-Bias Behavior

In the column to the left, please rate your behavior on the following scale:

	5 = All the time 4 = Most of the time 3 = Some of the time 2 = Occasionally 1 = Not at all
1.	I actively seek out opportunities to learn about cultures and experiences different from my own through books, events, classes, or workshops.
2.	I reflect on my upbringing to better understand how it may have shaped my biases and assumptions.
3.	I examine my own thoughts and behaviors to see whether they support or challenge prejudice.
4.	I'm mindful of the language I use and aim to avoid terms that could be harmful or offensive.
5.	I avoid making assumptions about individuals based on their race, culture, or background.
6.	I refrain from statements that dismiss someone's identity, like "I don't see you as _____."
7.	I'm comfortable having conversations about racism and other forms of bias.
8.	I welcome feedback if someone points out that my behavior may be insensitive or biased.
9.	I feel at ease offering respectful feedback to people of different backgrounds or identities.
10.	I pay attention to whether diverse groups are represented in my work environment and advocate for inclusion where needed.
11.	I speak up when I hear biased or discriminatory language and explain why it's harmful.
12.	I show my commitment to equity and justice through my actions in both personal and professional spaces.
TOTAL	

When you have completed the checklist, review your responses to identify areas in need of improvement. What are your strengths and deficiencies? Create specific goals to address the areas in which you would like to improve.