



# Activity Canvas

## **REFLECTIONS: TAKING UP SPACE AS A FORM OF EQUITY**

Most the time when we think about equity we are thinking about the allocation of resources. Today we challenge ourselves to think about how we navigate the world through the lens of our identities. Use the spaces below to identify a few of your "domains." **Don't peek at the next page until the first page is complete!**

In the space below identify the "social domains" or groups in your life. These could include areas like friends, family, partners, coworkers, people who you share activities or non-work pursuits, etc.

Now identify some of the regions where you live, work, or play.

These could include your region, city, neighborhood, building, school, work, skatepark, etc.

Last, let's list some aspects of your identity that make you who you are.

These could include adjectives such as sibling, queer, parent, caregiver, Peruvian, athlete, cook, artist, etc.



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Do you have Page 1 of this canvas complete? Great!

Now let's do some reflection on how we occupy space in the areas that you've identified.

We encourage you to document down some of your thoughts so that you can revisit them later and establish an understanding about how, when, where, and why we have or need space.

While we reflect on the space we occupy in our lives it's important to remember that there are many factors that play into how we approach these domains. For some people occupying a lot of space can be a result of overconfidence while others overcompensate on feeling of inadequacy or "imposter syndrome." Some reasoning for occupying less space could be attributed to acknowledgement of privilege and/or status, hostile environments, concerns about safety,

How do you occupy space in the domains that you've identified?

In which domains do you occupy a lot of space? Why do we feel that way?

In which domains do you occupy a small amount of space? Why?

What domains do we operate in with a balanced amount of presence? Why?

For areas where you feel that you occupy a lot or a little amount of space;  
Why is that the case and what are some ways in which you can either maintain it  
(in cases of it being fulfilling) or expand/retract (if you'd like to see it change)?

What are tactics for stepping back if we feel we are occupying a lot of space?

What are tactics for stepping forward if we do not occupy much space?

Once we've deepened our awareness of the spaces we occupy how do we employ some of our ideas and thoughts into creating a more equitable community around us?

Do you see any new opportunity to adjust how you can occupy space moving forward?