



## Navigating Toxic Work and School Environments You are Significant

In this exercise, you will grow an awareness of how significant you actually are.

**Spoiler Alert:** You are incredibly significant and you matter!

When it comes to standing up for ourselves to report harassment and discrimination, strong emotions like fear and anger as well as our own ingrained notion that we do not matter can prevent us from seeking justice. *When we are afraid of being seen as problematic or like a burden for speaking up when harassed, we are silencing ourselves, and minimizing ourselves and our needs.*

**We have a right to feel safe and comfortable in our work or educational environment, just like everyone else.**

In an accessible location, make the following lists that you will keep from this day moving forward. I recommend an accessible note-taking app that you can access anywhere.

"I am Significant"

1. "I am Proud" - List all of your proudest moments and accomplishments.
  - a. Include as many as you can. They can be anything from graduating high school to getting out of bed one morning when you felt sad.
2. "I am Loved" - List all of the people in your life who care about you and love you.
3. "I am a Positive Force in the World" - List any moments when someone told you that you inspire them, help them, or are a positive person in their life.
4. "I am Grateful" - List of all the people and things that you are grateful for and the reasons why.



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### You are Significant

Once you have completed each of these lists, review each item and take in how they make you feel.

#### Reflection:

- Do these lists make you feel proud, loved, like a positive force, and grateful?
- How does this make you feel significant? Do you feel significant in other ways as well?
- Do you feel more worthy of being safe and comfortable in your educational and workplace environment?
- Do you feel more willing to speak up and report an issue if you are harassed or discriminated against?
  - If not, why?

#### Moving Forward:

- Whenever you question whether or not you are significant, refer to these lists.
- Keep adding to these lists as time goes in order to practice valuing yourself.
- The longer you keep updating these lists, the more you will pay attention and gravitate towards things that make you feel proud, loved, significant, and grateful. It's a snowball effect!
- Recognize any blocks you may have toward feeling these positive emotions, and work towards reducing and eliminating these blocks so that you can feel those emotions in their entirety. This is tied with developing emotional intelligence and coping skills!