



Identifying Your Cultural Contributors

Building Awareness: The First Step in Transformative Change

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Introduction

Throughout life, we pick up cultural cues and messaging from the contributors around us. These messages are like an ocean current; we can't see them, but it shapes our entire ecosystem. If we are not aware of it, these forces can sweep us in unintended directions.

When you develop awareness about these cultural contributors, you can make conscious decisions to either continue along or use these current to move in a different direction.

Instructions

First, pick a topic that you would like to address. This can be just about any topic related to your life. Write down the topic below.

Next, while keeping your topic in mind, work through the next three steps.

The Who

Identify all the cultural contributors in your life. They can be family, friends, colleagues, classmates, thought leaders and anyone else who may have influenced you. As you list them, list them as an authority (feels as though they are in a position of power in comparison to you), or an advocate (no power differential). As you go through the list, ask yourself what is important about their influence or insights?

The What

Choose the top 2-3 contributors. What are the prominent cues and messages pertaining to your topic that you've heard and gained from these contributors?

The How

How do these messages align with what is important to you? What is working well? What are any points of friction between what you want and the cultural messaging that you've known to this point?

If there are points of friction, what are some ideas you have to help address these points?

What's Next?

When you develop awareness about these cultural contributors, you can make conscious decisions to either continue along or move in a different direction.

What is one action that you want to commit to today? What will it take to follow through on this action?

Additional Resources

The Exceptional Futures website, has resources, articles, and additional downloads on transformation, leveraging your cultural superpowers and other steps for building your exceptional future.

Sign up for one of our online courses around career empowerment, future planning, and other informative topics. These courses are self-guided and allow you to complete them at a pace that works for you.

If you crave some community and accountability in your journey, apply to be part of the Designing Your Exceptional Future program. This exclusive program is open for small groups of up to 10 participants and is offered at certain times of the year.

If you are excited to start and want a customized program for you, then consider an individual coaching program.

About Exceptional Futures

We offer courses, programs, and coaching that empower you to leverage your identity to design your destiny.

We have the privilege of working with intelligent, multifaceted, multicultural professionals who want more from life. Through a holistic examination to identify what's possible, we help you to shift your perspective, discover your purpose, and unlock your superpowers to reach your goals.

We are equally excited to work with professionals who are navigating their cultural identity within the world of work. Through our work together, we examine how we show up in our professional lives, how your professional identity aligns against your authentic self, and what it would mean to rid ourselves of the constraints of compartmentalization.



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