

Identifying Your Intersectional Lens

A Guide to Your Decision-Making Influencers

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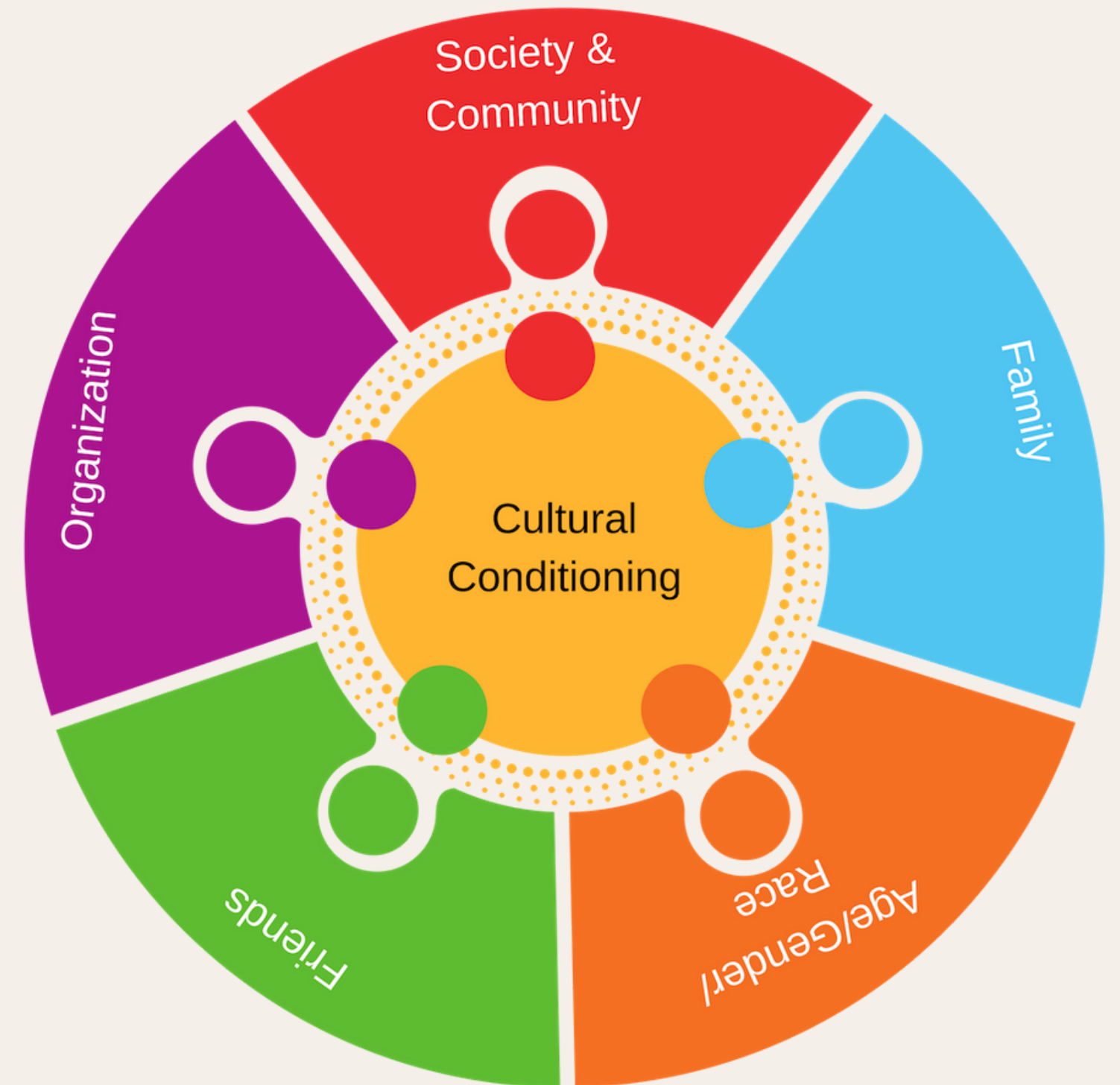


Why Your Intersectional Lens is Important

We make roughly 35,000 decisions per day, most of which are unconsciously influenced by our intersectional lens. This means we take in information, process it, and form assumptions, based on the social and cultural conditioning we receive through different influencers.

The point where each of these influences (and their associated norms and rules) come together becomes your intersectional lens. You then filter everything new that comes into your life, such as people or ideas, through this lens when deciding how you feel about them. Furthermore, this lens isn't static. It's more like a kaleidoscope which means your perspective can shift as each influence becomes more or less powerful.

When you raise awareness around your intersectional lens, you unlock the opportunity to overcome obstacles and create new opportunities for yourself.



Identify Your Intersectional Lens

1

First, identify a topic you want to focus on. When I'm working with clients, it might be a decision they're struggling with. But if you found this worksheet through a search, perhaps you can start with why you conducted that search. What experience or situation inspired you to learn more about the intersectional lens and why?

2

Consider all the influences that affect your views on this topic. These could include any of the following, or more:

- Family of Origin
- National Identity
- Education
- Religious Identity
- Society
- Professional Identity
- Gender Identity
- Friend Groups
- Local Community
- Organizational Culture
- Sexual Orientation
- Affinity Groups
- Racial Identity
- Generational Identity
- Physical Ability
- Other

3

Now, pick 5 that you feel are the most important or impactful and write them in the left column below. Finally, think about each influence separately and jot down the messages, feelings, or experiences that come up for you in the right column next to it.

1

2

3

4

5

1

2

3

4

5

4

Looking at the results, what are the common themes that are coming up for you? These themes are what form your intersectional lens on your topic.

What's Next?

When you develop an awareness of your intersectional lens on a topic, you can then make a conscious decision to determine how that lens is serving you, or how it may be holding you back from change.

What is one action that you want to take on your topic?



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.

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