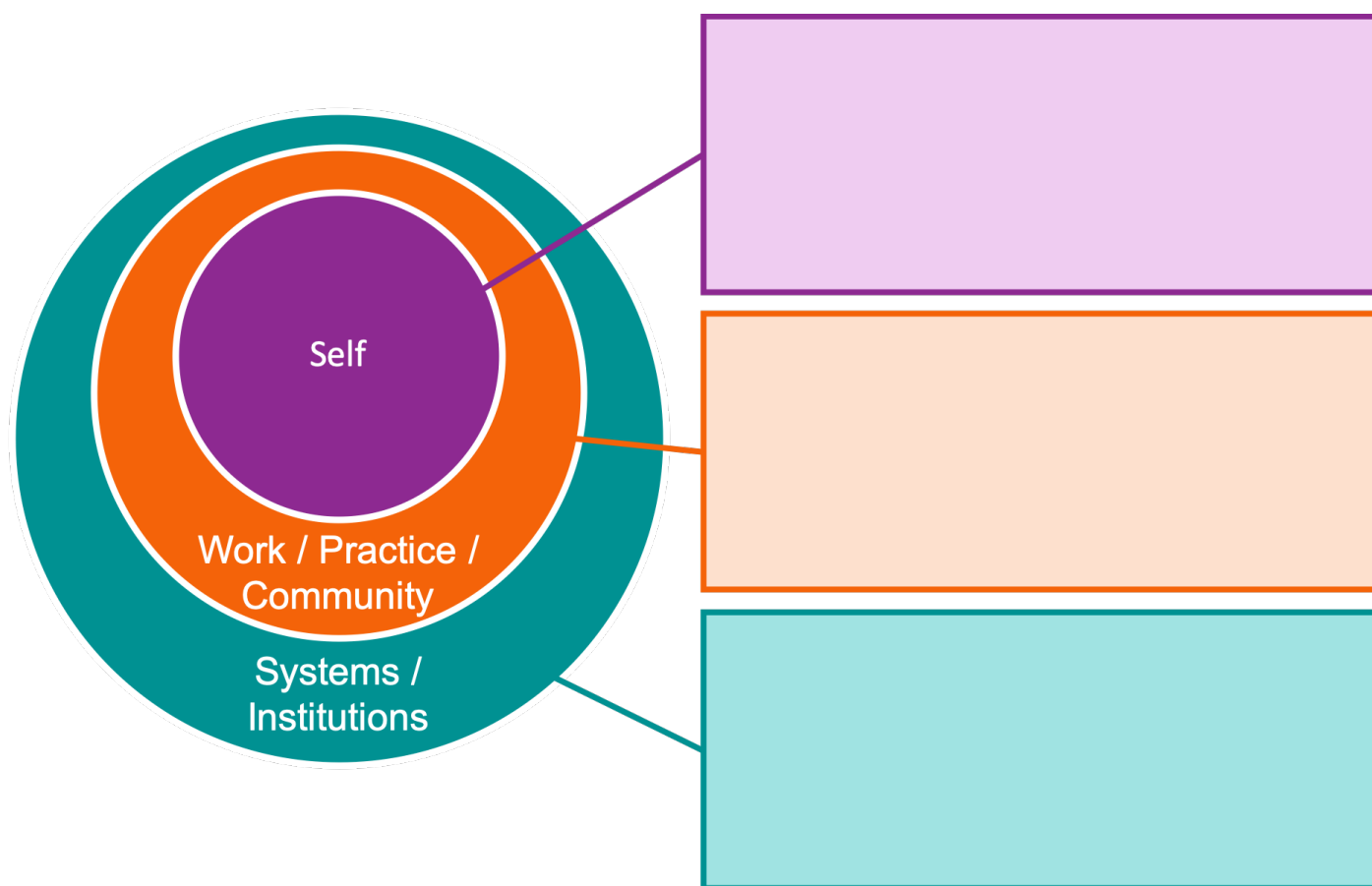**Decolonizing healthcare** is a lifelong practice that starts with reflecting on the ways that systems of oppression impact our own lives, our work and community, and the institutions that we are a part of.

Reflection 1: How does the colonized model of healthcare impact each of the following layers of my life?

Self

Work / Practice / Community

Systems / Institutions

Reflection 2: How would a decolonized model of healthcare impact each of the following layers of my life?

Self

Work / Practice / Community

Systems / Institutions
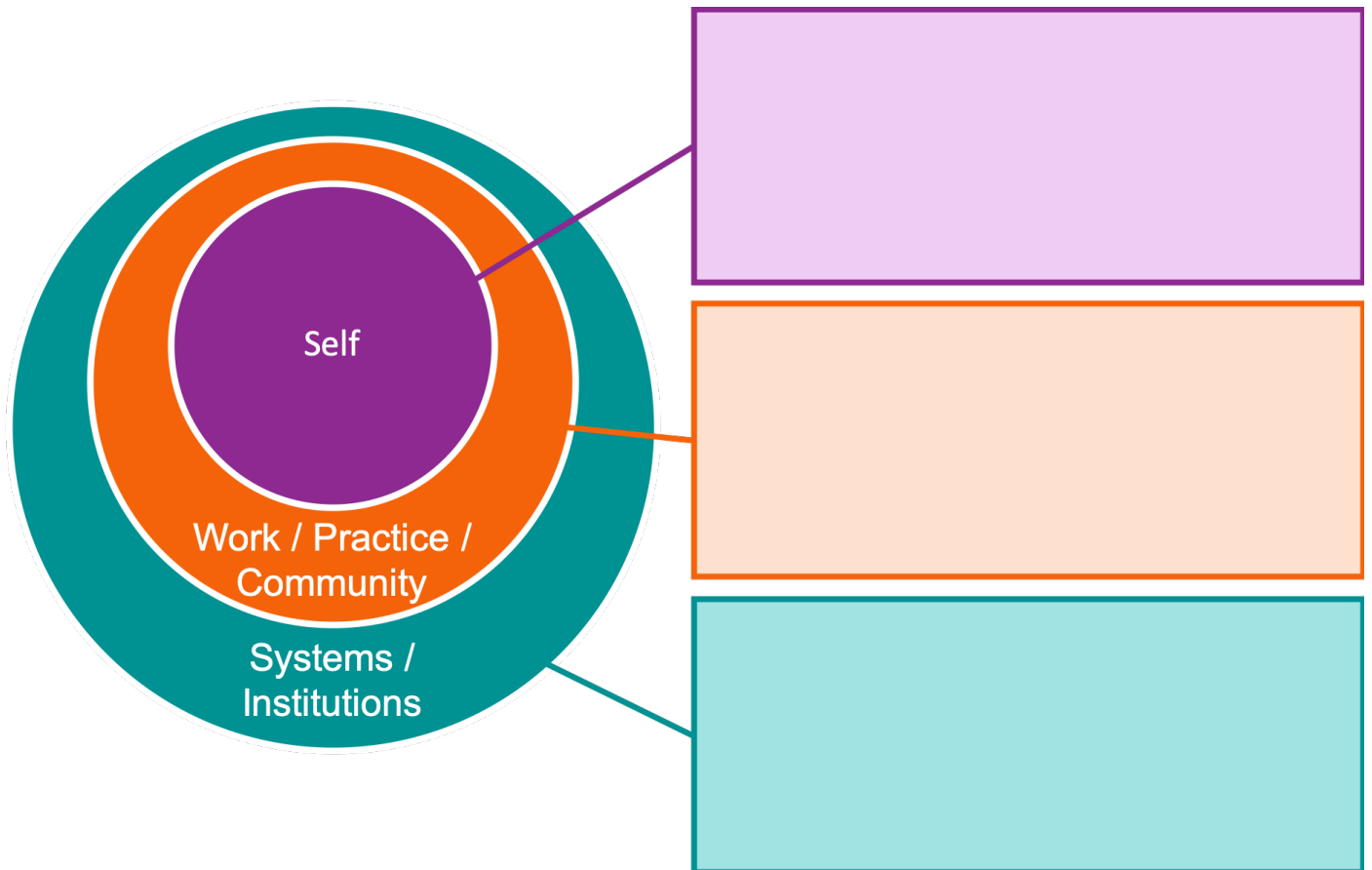
Reflection 3: What themes or topics do I want to explore or learn more about?

Reflection 4: What is one micro-step that I can take towards the vision I created above?