



Think about a group/organization in which you have participated or participate, how do you feel in that environment? Which privileges do you have? In which ways do these privileges influence how you feel in the group? (Source Altekio)

SOCIAL RANK	Score from 1 to 5 (1=low, 5=high)	Comments
Ethnicity		
Gender		
Sexual preferences		
Age		
Social class		
Profession		
Wealth		
Education (formal studies, number of degrees...)		
Health/abilities/disabilities		
Social network		
Appearance/adequacy to beauty standards		
Languages		
PSYCHOLOGICAL RANK		
Intelligence		
Self-esteem		
Capacity to overcome adversities		
Communication skills/social skills		
Self-awareness		
Emotional development		
Ability to influence in others		
initiative		
Creativity		
SPIRITUAL RANK		
Adequacy of what you do in life with your values		
Clarity in your personal vision and objectives		

Connection with your values and beliefs		
CONTEXTUAL RANK		
Position in the formal hierarchy (if there is any)		
Seniority in the group		
Personal relation with esteemed people in the group		
Knowledge and experience in the field		
Access to key people or people who make decisions		
Knowledge of the group language and codes		