The following reflection questions can inform the process of writing your own Land Acknowledgement. Not all of your answers would necessarily be a part of your personal version. Keep in mind most Land Acknowledgements are between 1min-3min long.

- Why is this acknowledgement happening?
 - Why am I doing this land acknowledgment?
 - How does this acknowledgement relate to the event or work we are doing in this meeting.event?
 - Who is the land acknowledgment for, who is in the audience?
- Where will the land acknowledgment take place? How will this location inform my land acknowledgement?
- What is my relationship to this territory/the land/Treaties?
 - What is my relationship to the Indigenous Peoples and Nations of this territory? What does it mean to me to live on Indigenous land today?
 - What role does reciprocity play in my relationships to the land and/or Indigenous Peoples and communities?
 - How does this land acknowledgment centre and/or honour Indigenous Peoples in this territory?

Positionality:

- How did you and/or your family come to be here?
- How do my personal, professional and/or intellectual positionalities (identities, contexts, experiences, and perspectives) inform how and what I know about Indigenous Peoples in Canada/this land acknowledgment?
- What is my social-location?
- What is my relationship to power? The nation-state? The institution (where applicable)?
- What are my roles and responsibilities in Treaties of this territory?
- What are my roles and responsibilities in Reconciliation in this territory?

Acknowledging complicity in settler-colonialism:

- How do I benefit from settler-colonialism?
- What legacies and histories (personal, communal, societal, national, transnational and/or global) inform my role in this land acknowledgment?
 - What has been the impact of my field or institution on Indigenous Peoples or communities?
 - How do I benefit from Indigenous land? How has my family benefitted?
 - What is the history of this territory? What are the impacts of colonialism here?
 - In what ways, or not, am I conscientiously acknowledging complicities in settler-colonialism through this land acknowledgment?

Inspiring/Commitments to Action:

• What does the land acknowledgement call on non-Indigenous peoples to do?

- What Calls to Action are relevant to the event/meeting I am delivering the Land Acknowledgement at? UNDRIP? Missing and Murdered Indigenous Women, Girls, 2Spirit Calls to Justice?
- How am I inspiring action or transformative change with this Land Acknowledgement?
- What intentions do you have to disrupt and dismantle colonialism beyond this territory acknowledgement?

(Adapted from Wiengarten Learning Resources Center Blog and native-land.ca)