



Systems Reflection Worksheet



WHY THIS MATTERS

Systems are not only policies, forms, pathways, and processes. Systems are made real through the decisions people make inside them every day. A system can create safety, or it can create barriers that people are forced to navigate while already seeking care. This worksheet invites reflection on how healthcare systems are experienced, not only how they are designed.



SIT WITH THIS



Where might our system ask people to prove they deserve care, patience, or understanding?



What steps feel simple to us because we know the system, but may feel overwhelming to someone trying to access it?



Who benefits most from the way this process currently works - and who has to work harder to be heard?



If this system could hear from the people most impacted by it, what might they ask us to change first?



WALKING FORWARD

One barrier I want to become more aware of:

One small change I can influence from where I stand:



*A system is not neutral just because it is familiar.
The people most impacted by it often carry
the clearest wisdom about what needs to change.*

