

Election Self-Reflection Guide

Quick Guide:

Start Here

- Describe your emotions on election night.
- Now that Election Day is over, what are your primary fears related to our American democracy?
- Now that Election Day is over, what are your primary hopes related to our American democracy?
- What surprised you about this election cycle?
- Which of your assumptions were challenged by this election?

Community and Isolation

- In 2016, one in six Americans stopped talking to a friend or family member due to politics. How have your relationships been impacted by the election season?
- Since 2020, one of our major societal themes has been "isolation." In what ways has this election season made you feel isolated?
- In what ways has this election season made you feel more connected to your community or society?
- One chief executive and members of Congress are charged with a responsibility to all in our U.S. society. As a member of the "body politic," what is your responsibility to your fellow Americans?
- What is one thing you wish your fellow Americans understood about you today?
- What is one thing you wish you understood more about your fellow Americans?

Moving Forward

- How has your understanding of "democracy" changed this year?
- What is one issue that you hope will not be forgotten after this election season is over?
- The electoral process allows for an occasional demonstration of power on the part of "We the People." What are other ways that you can engage in democracy moving forward?
- Many representatives and civic leaders were elected to positions of power in the recent election. If you were in a room with all of them, what would you tell them?
- What will you do today, and moving forward, to build a stronger community and democratic society for everyone?