

21-Day Racial Equity Habit-Building Challenge

TRACKING LOG

fsne.info/FSNEEquityChallenge

Tip: diversify your habits by doing some of each on the different days



Day	Read	Watch	Connect	Engage	Act	Notes (See sample below)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

See more at: <http://debbyirving.com/21-day-racial-equity-habit-building-challenge/>

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Day	Read	Watch	Connect	Engage	Act	Notes
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						

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SAMPLE 21-Day Racial Equity Habit Building Challenge

Day	Read	Watch	Connect	Engage	Act	Notes
1	√					Started <i>Waking Up White</i> .
2	√					OMG, why didn't I learn this stuff sooner!?
3		√				Book mentioned <i>True Colors</i> . Found it online. Still true today?
4			√			Found Local Group. On mailing list, liked FB pg. Going to meet on 9/15!
5	√					Read local Group's website. Couldn't stop reading.
6				√		Attended Local Group film + discussion. Awesome people.
7	√	√		√		More I learn more I learn I don't know. Want more, more, more!
8				√		2 nd day in a row I called a new Local Group connection for ideas.
9	√					Reading how to interrupt racist jokes. Do I dare? Feeling scared.

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10			√			'Liked' three national racial justice organizations on FB.
11			√		√	Attended lecture by John Powell at Local U. Wow. Where have I been?
12	√	√				New FB likes post amazing stuff. Feeling inspired!
13	√	√	√			Focusing on whiteness in schools. So many orgs/resources. Who knew?
14					√	Called 5 friends for dinner + film. All psyched but John. Pissed me off!
15	√				√	Read up on ways to address people like John. Called. Good-ish talk.
16					√	Signed up to take class at Local Community College.
17				√		Attended Local Group MeetUp. Talking Guidelines super helpful.
18				√		Met MeetUp friends for a beer. Went to part of town I'd never been to.
19	√					MeetUp friend loaned me <i>Birth of a White Nation</i> . Can't put it down.

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20			√		√	Hosted dinner + <i>White Man's Image</i> film. Shocking, bonding, motivating.
21					√	Asked boss how to get on diversity committee. Want to join.