

21 EQUITY DAY CHALLENGE

Activity and Reflection Log

Day	Read	Watch	Connect	Engage	Act	Notes
1						See sample below
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						

Tip: Diversify your habits by doing some of each type of activity throughout the challenge.
Learn more at UnitedWayGCR.org/EquityChallenge

This guide was adapted from content originally created and published by the Food Solutions New England (FSNE) network, hosted at the University of New Hampshire Sustainability Institute in Durham, NH, USA.

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Activity and Reflection Log

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

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SAMPLE 21-Day Equity Challenge

Day	Read	Watch	Connect	Engage	Act	Notes
1	√					Started reading <i>Waking Up White</i> .
2	√					Why didn't I read this sooner?
3		√				Book mentioned <i>True Colors</i> . Found it online. Still true today?
4			√			Found Local Group, signed up for mailing list and liked FB page. 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	√	√		√		The more I learn the more I'm realizing how much I have to learn.
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.
10			√			'Liked' three national racial justice organizations on FB.

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11			√		√	Attended virtual lecture by 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.
14					√	Called 5 friends for dinner + film. All psyched but John.
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.
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.

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