21-Day Equity Habit-Building Challenge

**TRACKING LOG**

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

[**Click here**](https://app.mobilecause.com/form/9wmSpw?vid=gndzc) to Support United Way's Equity work in our community.

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

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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 Habit Building Challenge**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day | Read | Watch | Connect | Engage | Act | Notes |
| 1 | √ |  |  |  |  | Started *Waking Up White.* |
| 2 | √ |  |  |  |  | OMG, why didn’t I learn this stuff sooner!? |
| 3 |  | √ |  |  |  | Book mentioned *True Colors*. 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 |  |  |  | √ |  | 2nd 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 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 *Birth of a White Nation*. Can’t put it down. |
| 20 |  |  | √ |  | √ | Hosted dinner + *White Man’s Image*film. Shocking, bonding, motivating. |
| 21 |  |  |  |  | √ | Asked boss how to get on diversity committee. Want to join. |