



21-Day Racial Equity Habit Building Challenge®

An Anti-Racism Resource

Thank you for participating in the 21-Day Racial Equity Habit Building Challenge©! This resource can help you track what you chose to do, what you are learning and how you are feeling. Difficult emotions such as shame and anger, though uncomfortable to feel, can guide you to deeper self-awareness about how power and privilege impacts you and the people in your life. You are invited but not required to share what you have written in this tool.

My hopes and expectations for this challenge are:

Day	Read	Watch	Listen	Reflection:
1				
2				
3				
4				
5				
6				
7				

Reflection on the last 7 days:

Day	Read	Watch	Listen	Reflection:
8				
9				
10				
11				
12				
13				
14				

Reflection on the last 7 days:

Day	Read	Watch	Listen	Reflection:
15				
16				
17				
18				
19				
20				
21				

Reflection on the last 7 days:

After completing the 21-Day Challenge, some of my concluding thoughts are:

Some next steps I can take are:



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