



21-Day Racial Equity Challenges© Reflection I

Dig deeper into what and how you are learning.

RATE

1. Comfort Level ____ (1: comfortable 2: mildly uncomfortable 3: very uncomfortable 4: too uncomfortable)



REVIEW

2. What was your expectation of today's action?



DISCOVER

3. Listen to your body. What is your reaction telling you?



QUESTION

4. If you are uncomfortable, why?



REFLECT

5. Did you have an aha moment? What was it? • Do you disagree? What are your emotions telling you?
• Do you want to research more on a topic? Which topic(s)?



Date _____