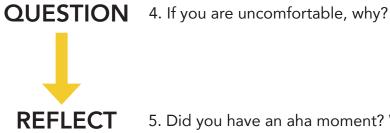


## 21-Day Racial Equity Challenges© Reflection I

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?



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)?

