



## 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 \_\_\_\_\_