



**RACIAL  
JUSTICE  
CHALLENGE**

eliminating racism  
empowering women  
**ywca**  
Nashville & Middle Tennessee

presented by  
*the* **HARNISCH**  
**FOUNDATION**

### SAMPLE REFLECTION QUESTIONS:

1. HOW DID TODAY'S CHALLENGE MAKE ME FEEL?
2. WHAT IS SOMETHING NEW I LEARNED BY TAKING TODAY'S CHALLENGE?
3. DID I NOTICE ANYTHING ABOUT MYSELF AFTER TAKING TODAY'S CHALLENGE?

## WEEK 1 - Gun Violence

### DAY 1

**MY CHALLENGE WAS:**

**REFLECTION:**

### DAY 2

**MY CHALLENGE WAS:**

**REFLECTION:**

**1**

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TEXT 615-983-5170  
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**DAY 3**

**MY CHALLENGE WAS:**

**REFLECTION:**

**DAY 4**

**MY CHALLENGE WAS:**

**REFLECTION:**

**DAY 5**

**MY CHALLENGE WAS:**

**REFLECTION:**

# WEEK 2 - Body Justice

## DAY 6

**MY CHALLENGE WAS:**

**REFLECTION:**

## DAY 7

**MY CHALLENGE WAS:**

**REFLECTION:**

## DAY 8

**MY CHALLENGE WAS:**

**REFLECTION:**

**DAY 9**

**MY CHALLENGE WAS:**

**REFLECTION:**

**DAY 10**

**MY CHALLENGE WAS:**

**REFLECTION:**

**WEEK 3 - Financial Empowerment**

**DAY 11**

**MY CHALLENGE WAS:**

**REFLECTION:**

**DAY 12**

**MY CHALLENGE WAS:**

**REFLECTION:**

**DAY 13**

**MY CHALLENGE WAS:**

**REFLECTION:**

**DAY 14**

**MY CHALLENGE WAS:**

**REFLECTION:**

**DAY 15**

**MY CHALLENGE WAS:**

**REFLECTION:**

**WEEK 4 - Transportation**

**MY CHALLENGE WAS:**

**REFLECTION:**

**DAY 17**

**MY CHALLENGE WAS:**

**REFLECTION:**

**DAY 18**

**MY CHALLENGE WAS:**

**REFLECTION:**

**DAY 19**

**MY CHALLENGE WAS:**

**REFLECTION:**

**DAY 20**

**MY CHALLENGE WAS:**

**REFLECTION:**

# DAY 21-CONGRATULATIONS

**We appreciate the time you have taken to be a part of YWCA Nashville & Middle Tennessee's Racial Justice Challenge, presented by The Harnisch Foundation. While these conversations are not always easy or comfortable, they are necessary. We are so impressed by our community's response to the Racial Justice Challenge and commitment to staying aware, informed, and involved.**

## POST CHALLENGE SURVEY

**Share your parting thoughts with us by filling out our post-challenge survey, which will be distributed in our final challenge email. This will tell us what content you connected with most and what we can do to improve The Challenge in the future. We appreciate any feedback you can give us.**

## KEEP THE MOMENTUM GOING

**Although the Racial Justice Challenge has come to an end, we challenge you to keep the momentum going. Here are a few action items:**

- 1- Follow us on social media and subscribe to our newsletter.**
- 2- Donate to help us continue our mission of eliminating racism and promoting dignity for all. [www.ywcanashville.com/donating](http://www.ywcanashville.com/donating)**
- 3- Visit our website to pledge to stand against racism and make your voice heard.**

**Contact us with any questions or further thoughts on The Challenge at [stephen.watts@ywcanashville.com](mailto:stephen.watts@ywcanashville.com)**