



21
DAY

**RACIAL EQUITY
& SOCIAL JUSTICE
CHALLENGE**

eliminating racism
empowering women

ywca

Nashville & Middle Tennessee

REFLECTION JOURNAL

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 - VOTING

DAY 1- HOW TO BE AN ANTI-RACIST

MY CHALLENGE WAS:

REFLECTION:

DAY 2- RACISM AND THE WOMEN'S SUFFRAGE MOVEMENT

MY CHALLENGE WAS:

REFLECTION:

DAY 3- THE HISTORY OF VOTER SUPPRESSION

MY CHALLENGE WAS:

REFLECTION:

DAY 4- VOTER SUPPRESSION TODAY

MY CHALLENGE WAS:

REFLECTION:

DAY 5- THE U.S. CENSUS

MY CHALLENGE WAS:

REFLECTION:

WEEK 2 - EDUCATION

DAY 6- SCHOOL SEGREGATION

MY CHALLENGE WAS:

REFLECTION:

DAY 7- WHAT WE TEACH

MY CHALLENGE WAS:

REFLECTION:

DAY 8- SCHOOL TO PRISON PIPELINE

MY CHALLENGE WAS:

REFLECTION:

DAY 9- TEACHER IMPACT

MY CHALLENGE WAS:

REFLECTION:

DAY 10- COLLEGE

MY CHALLENGE WAS:

REFLECTION:

WEEK 3 - CRIMINAL JUSTICE

DAY 11- POLICING

MY CHALLENGE WAS:

REFLECTION:

DAY 12- RACIAL DISPARITIES IN INCARCERATION

MY CHALLENGE WAS:

REFLECTION:

DAY 13- TENNESSEE

MY CHALLENGE WAS:

REFLECTION:

DAY 14- WOMEN IN PRISON

MY CHALLENGE WAS:

REFLECTION:

DAY 15- AFTER PRISON

MY CHALLENGE WAS:

REFLECTION:

WEEK 4 - PUBLIC HEALTH

DAY 16- RACISM AND TOXIC STRESS

MY CHALLENGE WAS:

REFLECTION:

DAY 17- MATERNAL AND INFANT MORTALITY

MY CHALLENGE WAS:

REFLECTION:

DAY 18- ENVIRONMENTAL RACISM

MY CHALLENGE WAS:

REFLECTION:

DAY 19- RACISM/BIAS IN MEDICAL CARE- HISTORICAL

MY CHALLENGE WAS:

REFLECTION:

DAY 20- RACISM/BIAS IN MEDICAL CARE- TODAY

MY CHALLENGE WAS:

REFLECTION:

DAY 21-CONGRATULATIONS

We appreciate the time you have taken to be a part of YWCA Nashville & Middle Tennessee's first ever 21 Day Racial Equity and Social Justice Challenge. While these conversations are not always easy or comfortable, they are necessary. We are so impressed by our community's response to The 21 Day Challenge and commitment to staying aware, informed and involved.

POST CHALLENGE SURVEY

Share your parting thoughts with us by taking part in 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 21 Day Challenge has come to an end, we challenge you to continue 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/donate**
- 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 hannah.cornfield@ywcanashville.com