|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day | Read | Watch | Connect | Engage | Act | Notes |
| 1 |  |  |  |  |  | See sample below! |
| 2 |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |
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| 11 |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- |
| Day | Read | Watch | Connect | Engage | Act | Notes |
| 12 |  |  |  |  |  |  |
| 13 |  |  |  |  |  |  |
| 14 |  |  |  |  |  |  |
| 15 |  |  |  |  |  |  |
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| 18 |  |  |  |  |  |  |
| 19 |  |  |  |  |  |  |
| 20 |  |  |  |  |  |  |
| 21 |  |  |  |  |  |  |

**SAMPLE 21-Day Equity Habit Building Challenge**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day | Read | Watch | Connect | Engage | Act | Notes |
| 1 | √ | √ |  |  |  | Watched *Rooted in Rights: What are Disabilities.* |
| 2 | √ | √ |  |  |  | Disability Language Guide was very informative |
| 3 | √ | √ |  |  |  | I have never considered the medical vs. social model |
| 4 |  | √ | √ |  |  | Found Local Group. On mailing list, liked FB pg. Registered for webinar on 11/3. |
| 5 | √ |  | √ |  |  | Read local organization’s website. Couldn’t stop reading. |
| 6 |  |  |  | √ | √ | Talked with coworker about what we learned about ableism. |
| 7 | √ | √ |  | √ |  | Enjoyed the activity of listing out my intersecting identities! |
| 8 |  |  |  | √ | √ | Shared the Accessible Online Job Recruitment article with my HR manager  |
| 9 | √ |  |  |  |  | Learned so much about how to disclose a disability with an employer. |
| 10 |  | √ | √ |  | √ | ‘Liked’ three disability justice organizations on FB. |