

21-Day Racial Equity Habit Building Challenge © by Dr. Eddie Moore, Jr.

<https://www.eddiemoorejr.com/21daychallenge>



Dr. Eddie Moore, Jr. has pursued and achieved success in academia, business, diversity, leadership and community service. In 1996, he started America & MOORE, LLC to provide comprehensive diversity, privilege and leadership trainings and workshops.

Dr. Moore is recognized as one of the nation's top motivational speakers and educators, especially for his work with students K-16. His interview with Wisconsin Public Radio won the 2015 Wisconsin Broadcasters Association's Best Interview in Medium Market Radio, 1st Place

[<http://www.wpr.org/shows/newsmakers-december-4-2014>], and he is featured in the film "I'm not Racist...Am I?"

Dr. Eddie Moore, Jr., currently serves as Director of The Privilege Institute (TPI) and The National White Privilege Conference (WPC), both founded under his direction to provide opportunities and possibilities for research, publications, speaking and collaborations by those committed to true social and institutional change. He received his Ph.D. in Educational Policy and Leadership Studies at the University of Iowa and under his direction and inclusive relationship model the White Privilege Conference has become one of the top national and international conferences for participants who want to move beyond dialogue and into action around issues of diversity, power, privilege, and leadership.

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Have you ever made a successful change in your life? Perhaps you wanted to exercise more, eat less, or change jobs? Think about the time and attention you dedicated to the process. A lot, right? Change is hard. Creating effective social justice habits, particularly those dealing with issues of power, privilege, supremacy and leadership is like any lifestyle change. Setting our intentions and adjusting what we spend our time doing is essential. It's all about building new habits. Sometimes the hardest part is just getting started. The good news is, there's an abundance of resources just waiting to empower you to be a more

effective player in the quest for equity and justice. Please use this plan just as it is, or adapt it to a sector, an ethnic/racial group, or interest area. *

About the 21-Day Racial Equity Habit Building Challenge

For 21 days, do one action to further your understanding of power, privilege, supremacy, oppression, and equity

Plan includes suggestions for readings, podcasts, videos, observations, and ways to form and deepen community connections. Suggestions are in the following categories:

Read
Listen
Watch
Notice
Connect
Engage
Act
Reflect
Stay Inspired

Use the tracking chart provided below to stay on course. You can drag the image to your desktop and print, or you can access a digital version [here](#) and copy it for editing.

We think understanding white privilege and white supremacy is a powerful lens into the complexities of doing social justice work, so we've focused our resources on that specific issue.

Adaptable to all forms of social justice

Can be done individually, with friends and family, or organization-wide.

Like our [Facebook page](#). Use it to get ideas as well as share your 21-Day experience with the 21-Day community.

* For adaptation ideas and examples of how communities are adapting the challenge to meet their specific social justice focus, click [HERE](#).

Here are just a few ideas to get you started.

[Check out debyirving.com/recommended-resources/ for more ideas.](http://debyirving.com/recommended-resources/)