

RACIAL STAMINA WORKSHEET

In this “Racial Stamina” practice write a “P” for PAST an “N” for NOW to note the ways you have raised your race consciousness in the past and how you can do more right now.

EDUCATION:

_____ BOOKS _____ MOVIES
_____ PODCASTS _____ TED TALKS
_____ DOCUMENTARIES _____ MUSIC
_____ SOCIAL MEDIA _____ LIBRARIES
_____ WORKSHOPS _____ CONFERENCES
_____ OTHER

PEOPLE:

_____ KEYNOTE SPEAKERS _____ EDUCATORS
_____ BOOK SIGNINGS _____ RELIGIOUS LEADERS
_____ BOOK CLUBS _____ STREET ACTIVITIES
_____ COMMUNITY LEADERS _____ POLICTICIANS
_____ OTHERS

What are three steps you can take with EDUCATION right now to raise your race consciousness?

What are three steps you can take with PEOPLE right now to raise your race consciousness?