

Commitments

Self-Assessment

Research

Respect our differences

Support black-owned businesses

Research politicians and vote

Brainstorm antiracist strategies to employ at my job (what is in my control)

Write

I'm going to think about more ways I can commit to the cause on a daily basis, while also making time for daily mindfulness practices.

Daily quiet time to remain grounded.

Open dialogue

Continue to be proactive about daily ways

Reading and listening to podcasts to learn more about what I can do

I am committing to become more educated on how to help youth

Be uncomfortable

Include youth/students

Write politicians about changes to make and finish reading between the word and me for my own

Commitment to wellness in antiracist journey – accept the lane I'm in by taking pressure off of myself to attend protests when I have social anxiety. Committing to meet with local leaders to discuss racist policies (8 can't wait + reallocating funds from PDs). I'm part of a white ally antiracist group that is holding me accountable