

21 DAY EDI CHALLENGE

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2. Internalized Racism

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DAY ZERO

Before You Get Started

The next 21-Days are guaranteed to change your life. Your commitment doesn't require a lot of time (just 10-15 minutes per day), but it does require that you are ready to deepen your understanding of racism and inequality in our country and our community. Powerful stuff.

Today, spend some time reading the Frequently Asked Questions (FAQ), and thinking about what you hope to achieve over the next 21 Days. If you'd like, keep a daily journal or log. It might be helpful to record your thoughts each day and review them once you've completed the challenge. Think about your daily schedule. Where will you make room for the 10-15 minutes a day the challenge requires?

We're excited about what the next 21 days will bring and we hope you are too. Please consider taking our Pre-Challenge and Post-Challenge surveys. You can find the Pre-Challenge Survey [here](#).



**United Way of
San Luis Obispo County**