

# 5 THINGS YOU CAN DO TO KICKOFF THE YEAR & CONTINUE YOUR



## Allyship Journey

### 1. Give yourself some grace.

- Take 30 minutes to an hour to reflect on all the things you have learned this year about yourself and others.
- Write a list of those feelings, beliefs and values you examined and reformed to something you believe and want to stand by today as an ally.

### 2. Talk to someone new.

- Whether someone in your neighborhood, circle of friends or workplace, talk about their experience as being marginalized, a minority or their particular intersection of identities.
- Find out how those experiences shaped their experiences and/or view of the world.

### 3. Filter your news sources.

- Spend one week only listening to alternative news sources from different communities, nothing mainstream.
- Inspect the differences between the way headline stories are presented and identify key language or tactics.

### 4. Listen to/Read a foreign author.

- Find inspirational content that gives you a glimpse into the world of someone from a different country, culture or community.
- Find out what makes them tick, what feeds their soul, and why they share that with you their audience.

### 5. Write a letter to yourself today.

- Write to yourself in 5 years outlining exactly what you hope to have learned, changed your mind about or started doing more of by then.
- Let it be your ideal scene. Forget about reality or naysayers, write what would be most awesome for you and that's it.

