

# DAILY PRACTICE

Restoring your humanity one day at a time for the good of all living beings

## TRANSFORM YOURSELF FIRST

We often think liberation is for someone else or out of reach. It is neither. Instead, it's relational, life-affirming, close to home, simple but not easy, and beautifully messy. Rotate through these practices to build the capacity for co-creating a world where all living beings can flourish.

## 7 LIBERATION PRACTICES



*let's practice!*

# READY. SET. GO.

To get ready, save this calendar for easy access or print and place it somewhere conspicuous. Then set an alarm to prompt you to practice every day. We suggest starting with 5-15 minutes a day. Once you are consistent with a daily practice, then you can increase the length of your practice each day.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Curiosity:</b> Who's white that you're curious about? What would you ask them? Then reach out.</p>	<p><b>Feeling:</b> What sensations are you feeling in your body today?</p>	<p><b>Accountability:</b> What do you need to take accountability for today?</p>	<p><b>Play:</b> Build a rhythm with those around you from objects in your kitchen or break room.</p>	<p><b>Healing:</b> When you witness something troubling today, get it out by shaking vigorously for 3 minutes.</p>	<p><b>Rest</b></p>	<p><b>Courage:</b> Show up generously for someone today.</p>
<p><b>Play:</b> Attach a silly movement to a dreaded task then do that movement each time you do that task today.</p>	<p><b>Healing:</b> When you get frustrated today, find a private place and throw a temper tantrum for 1 minute.</p>	<p><b>Courage:</b> Reach out to someone you've lost contact with that you miss. Keep it simple.</p>	<p><b>Feeling:</b> What emotions do you avoid feeling? What's that about?</p>	<p><b>Accountability:</b> What do you need to take accountability for today?</p>	<p><b>Curiosity:</b> Tune in to 10 min of news you are sure to disagree with and see how many points of agreement you can find.</p>	<p><b>Rest</b></p>
<p><b>Accountability:</b> What do you need to take accountability for today?</p>	<p><b>Curiosity:</b> Sign up for that class you've always wanted to take: paint, dance, hike, sign language, cook, etc.</p>	<p><b>Healing:</b> When you've been holding it in, find a mirror and say what you've been holding in (even the distasteful part)</p>	<p><b>Rest</b></p>	<p><b>Courage:</b> Build your challenge network (people who will challenge your ideas and assumptions)</p>	<p><b>Play:</b> Co-create a vision board of what you + your team/family will be like once we end racism.</p>	<p><b>Feeling:</b> What thoughts live rent-free in your mind?</p>
<p><b>Courage:</b> Say yes to every safe request today. See where it leads you.</p>	<p><b>Rest</b></p>	<p><b>Feeling:</b> What if you already know how to end racism?</p>	<p><b>Healing:</b> Watch that show or movie that makes you belly laugh.</p>	<p><b>Play:</b> Use play-acting to try out solutions to various problems.</p>	<p><b>Accountability:</b> What do you need to take accountability for today?</p>	<p><b>Curiosity:</b> Wander by foot or wheel without a map. What do you notice?</p>

NOTE: At the end of your first month of Daily Practice, we recommend you take a few minutes to notice what's changing. Resist shame or blame if they show up. Whatever you do, keep at it. Most experts say it takes at least ten weeks to build a new habit. You've got this!