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| Day | Read | Watch | Connect | Engage | Act | Notes |
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| Day | Read | Watch | Connect | Engage | Act | Notes |
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**SAMPLE 21-DAY DISABILITY JUSTICE HABIT BUILDING CHALLENGE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day | Read | Watch | Connect | Engage | Act | Notes |
| 1 | √ | √ |  |  |  | Watched *Rooted in Rights: What are Disabilities.* |
| 2 | √ | √ |  |  |  | Disability Language Guide was very informative. |
| 3 | √ | √ |  |  |  | I have never considered the medical vs. social model. |
| 4 |  | √ | √ |  |  | Found local group. Joined mailing list, liked Facebook page. Registered for webinar on 11/3. |
| 5 | √ |  | √ |  |  | Read local organization’s website. Couldn’t stop reading. |
| 6 |  |  |  | √ | √ | Talked with coworker about what we learned about ableism. |
| 7 | √ | √ |  | √ |  | Enjoyed the activity of listing out my intersecting identities! |
| 8 |  |  |  | √ | √ | Shared the Accessible Online Job Recruitment article with my HR manager. |
| 9 | √ |  |  |  |  | Learned so much about how to disclose a disability with an employer. |
| 10 |  | √ | √ |  | √ | Liked three disability justice organizations on Facebook. |