

21-Day Disability Justice Challenge

TRACKING LOG

Tip: Diversify your habits by doing some of each on different days



Heart of West Michigan
United Way

| Day | Read | Watch | Connect | Engage | Act | Notes |
|-----|------|-------|---------|--------|-----|-------|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
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| 7 | | | | | | |
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| 9 | | | | | | |
| 10 | | | | | | |
| 11 | | | | | | |

The Disability Equity Challenge builds upon the 21-Day Race Equity Challenge developed by diversity experts Dr. Eddie Moore Jr., Debby Irving, and Dr. Marguerite Penick and adapted for the United Way network by United Way of Washtenaw County. Disability Network Southwest Michigan developed specific content for the 21-Day Disability Equity Challenge.

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| Day | Read | Watch | Connect | Engage | Act | Notes |
|-----|------|-------|---------|--------|-----|-------|
| 12 | | | | | | |
| 13 | | | | | | |
| 14 | | | | | | |
| 15 | | | | | | |
| 16 | | | | | | |
| 17 | | | | | | |
| 18 | | | | | | |
| 19 | | | | | | |
| 20 | | | | | | |
| 21 | | | | | | |

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SAMPLE 21-DAY DISABILITY JUSTICE HABIT BUILDING CHALLENGE

| Day | Read | Watch | Connect | Engage | Act | Notes |
|-----|------|-------|---------|--------|-----|--|
| 1 | √ | √ | | | | Watched <i>Rooted in Rights: What are Disabilities</i> . |
| 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. |

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