



Vintage

BLACK AND WHITE

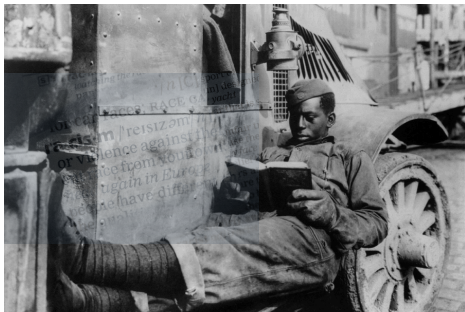




Bucket List

WRITE DOWN...

FIVE THINGS YOU WANT TO
ACCOMPLISH IN YOUR LIFETIME.



what

LEGACY WILL YOU LEAVE
BEHIND...



"WE ALL SHOULD KNOW THAT DIVERSITY MAKES FOR
A RICH TAPESTRY, AND WE MUST UNDERSTAND THAT
ALL THE THREADS OF THE TAPESTRY ARE EQUAL IN
VALUE NO MATTER WHAT THEIR COLOR."

- MAYA ANGELOU



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PROMPTS

HOW DO ISSUES OF INEQUALITY
AFFECT YOUR WELL-BEING?

IN WHAT WAYS CAN WE APPRECIATE
DIVERSITY?

WHAT BELIEFS OR VALUES DO YOU
HOLD THAT SUPPORT EQUALITY?

DO YOU EVER FEEL AFRAID TO
SPEAK OUT AGAINST EQUALITY?

WHAT PRACTICES CAN YOU ADOPT
TO PROMOTE INCLUSIVITY?



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PROMPTS

RECALL A MEMORY FROM YOUR
CHILDHOOD? HOW DID IT MAKE YOU
FEEL?

WHAT ACTIVITIES MAKE YOU LOSE
TRACK OF TIME?

WHAT IS YOUR BIGGEST FEAR? HOW
CAN YOU FACE IT?

WRITE DOWN A BREATHING
EXERCISE TO HELP YOU WHEN
STRESSED.

IF YOU COULD TRAVEL, WHERE?
WHY?



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PROMPTS

REFLECT ON A TIME YOU WITNESS
OR EXPERIENCED BIAS?

WHAT ARE THE MOST PRESSING
ISSUES OF INEQUALITY?

REFLECT ON ASPECTS OF YOUR
IDENTITY (RACE, GENDER,
SOCIOECONOMIC STATUS, ETC.)
THAT MAY GRANT YOU PRIVILEGE.
HOW DOES THIS PRIVILEGE SHAPE
YOUR EXPERIENCES?

RECALL A TIME WHEN YOU FELT
TREATED UNEQUALLY. HOW DID IT
AFFECT YOU, AND WHAT DID YOU
LEARN FROM THE EXPERIENCE?



resources

KNOWLEDGE IS POWER

“13TH” (2016)

A DOCUMENTARY THAT EXPLORES THE
INTERSECTION OF RACE, JUSTICE, AND MASS
INCARCERATION IN THE UNITED STATES.

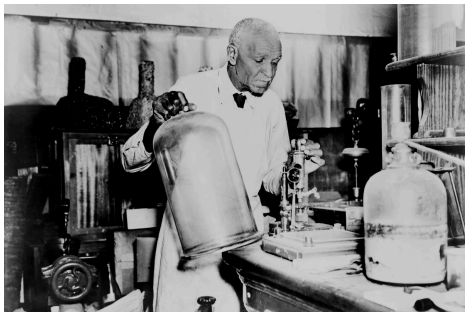
RACE FORWARD

AN ORGANIZATION THAT PROVIDES RESEARCH,
MEDIA, AND PRACTICE TO ADVANCE RACIAL
JUSTICE IN POLICY AND PRACTICE.

HUMAN RIGHTS CAMPAIGN:
PROVIDES RESOURCES ON LGBTQ+
RIGHTS, WHICH OFTEN INTERSECT WITH
ISSUES OF RACE AND EQUALITY.

“CODE SWITCH” BY NPR

A PODCAST EXPLORING RACE, IDENTITY, AND
CULTURE, DISCUSSING VARIOUS ASPECTS OF
RACE AND ITS INFLUENCE ON AMERICAN LIFE.



gratitude

LIST....

I AM GRATEFUL FOR...

WHAT UPCOMING EVENT OR
EXPERIENCE ARE YOU LOOKING
FORWARD TO, AND WHY ARE YOU
GRATEFUL FOR THE OPPORTUNITY?

WHAT MINDFULNESS PRACTICES
CAN YOU ADOPT TO ENHANCE YOUR
SENSE OF GRATITUDE?

WHO HAS HAD THE BIGGEST IMPACT
ON YOUR LIFE, AND WHAT ARE YOU
GRATEFUL FOR ABOUT THEM?

WHAT ARE FIVE SIMPLE THINGS
YOU APPRECIATE IN YOUR DAILY
ROUTINE?



stress

MANAGEMENT

HOW DO YOU EXPRESS YOUR
FEELINGS CREATIVELY?

LIST FIVE SELF-CARE ACTIVITIES
YOU ENJOY. HOW CAN YOU
INCORPORATE MORE OF THESE
INTO YOUR ROUTINE?

WHAT HEALTHY HABITS HELP YOU
MANAGE STRESS, AND WHAT
UNHEALTHY HABITS DO YOU WANT
TO CHANGE?

WHAT RELAXATION TECHNIQUES
HAVE YOU TRIED (E.G., DEEP
BREATHING, MEDITATION)? WHICH
ONES WORK BEST FOR YOU?

Printing Instructions:

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To print more than one bookmark on a page:

1. Click Print
2. Set paper to US Letter 8.5x11
3. Click on portrait
4. Click Layout
5. Change to 2 or 4
6. Print

Other computers:

To print more than one bookmark on a page:

1. Click Print
2. Set paper to US Letter 8.5x11
3. Click on portrait
4. Click more settings
5. Click pages to print
6. Select 2 or 4
7. Print