




SCHEDULE THE WORK!


We hear you saying “I want to get involved but I’m just so busy!”



Not many of us have endless hours to devote to changing the world. And real talk: Community organizing and racial justice advocacy does not come with a desirable salary. There are many incredible people serving their communities in powerful ways, and we are beyond grateful for them. If it’s not your full-time world, but you want to make advocating for racial justice a regular part of your life, consider doing what you already do to keep track of all the activities, obligations, and upcoming events: PUT IT ON THE CALENDAR.


COMMIT!


You can’t do everything all the time, but you can do specific things at specific times. Change happens because multitudes of people commit to working over long periods of time. It’s incremental—what you do today, tomorrow, and next week matters. Here are some ideas for how you can make doing the work a recurring event.



 **Schedule “action hours”** (or half-hours) into your weeks, and use this time to do whatever feels urgent—calling elected officials about a pending bill, drafting your statement for the city council meeting, posting to social media about an issue you’re working on.


 **READ A BOOK!** Set aside a time each week to put down the phone and pick up a book from the Do the Reading list in the back of this book!


 **CATCH UP ON THE NEWS.**  Set aside time to read the paper, watch the news, and/or listen to podcasts that keep you informed on current events.

 **Have a monthly Family Movie Night**, where you watch a family-friendly movie with a BIPOC lead, diverse cast, and positive message.


 **Choose an issue or cause to commit to**—for a week, a month, a year—and set aside time for research and learning, as well as planning and doing.


 **Mark cultural holidays on your calendar.**  What special days are coming up each month? Learn about ones you’re not familiar with, both for your own enrichment and for the benefit of your community. Know when Lunar New Year begins! Don’t schedule meetings on Yom Kippur! Understand why some of your students may have low energy during Ramadan!


 **Choose a monthly Donation Day!** Need ideas for where to put your money? Check the Donation Bingo activity for suggestions.

 **Create your own special “holidays”**—we all know they gave Black history February because it’s the shortest damn

month. If April 3 can be National Chocolate Mousse Day and October 2 can be National Name Your Car Day, anything is possible. National Reparations Day? National End White Supremacy Day? National Talk to Your Racist Family Members Week?!

 **Celebrate Activist Birthdays.** Pick someone who inspires you, put their birthday on your calendar, and come up with ways to celebrate them.

 **Reminder to breathe!** Set a reminder for the middle of each weekday to pause, breathe, and remind yourself that you care. Get up and stretch and take a walk.

 **Take time to reflect.** Maybe take five minutes on Fridays after work to look back at the week and reflect on your actions, or ten minutes on Sunday night to consider the work for the week ahead.