

Day 1	Day 2	Day 3	Day 4	Day 5
What's your first language?	What traditions do you celebrate with your families?	What stories have your older relatives told you about your family?	What do people see when they meet you? What do you want people to see?	What kind of advantages or disadvantages have you experienced?
Day 6	Day 7	Day 8	Day 9	Day 10
In a group, who do you listen to most?	Do you interact with people who have different ideas or experiences than you?	Have you ever helped someone out in a difficult situation?	What does being fair mean to you?	Think about a time when someone addressed unfairness. What did they say and what did you learn from it?
Day 11	Day 12	Day 13	Day 14	Day 15
What does a leader look like to you? Write or draw adjectives to describe this person.	Who do you know the least in your classroom or job? How are they different from you?	How would you describe the people you interact with?	Have you ever prejudged a person or situation? Were you right or wrong?	Count how many times you hear the term "guys" today. List alternatives.
Day 16	Day 17	Day 18	Day 19	Day 20
How do you treat people who are older or younger than you?	Count how many times you hear disability related terms negatively today (crazy, paralyzed, dumb, etc.)	Have you ever had conversations with other people that made you think and feel differently afterward?	When you see something you don't like or disagree with, how do you respond?	How do you respond to failure (facing adversity)?
Day 21	Day 22	Day 23	Day 24	Day 25
What does diversity mean to you?	What does inclusion mean to you?	What does equity mean to you?	How does your body react when you are in a situation you're not comfortable with?	How does your body react when you meet someone new or different from you?
Day 26	Day 27	Day 28	Day 29	Day 30
How do you show appreciation and respect for the differences in other people?	How do you bring about change?	To be an ally is to be	What makes you uncomfortable about diversity, equity, inclusion?	How will you take what you've learned about yourself from this challenge and move forward?