

# #DoTheWork

"We are the ones we've been waiting for." - Alice Walker

BY RACHEL ELIZABETH CARGLE

30 DAY COURSE | PART 1



This course is one designed to be an eye opener and a call to action for those who seek to be allies to black women.

To #DoTheWork one must be intentional in

breaking down the systems that continue to oppress and disenfranchise the black community with black women being the most effected. Going through these daily prompts you will be called to think critically and act tangibly in solidarity. Participating in this will be your first small step in working towards dissolving these systems, institutions and ideologies that continue to negatively affect black women and their communities yet benefit white people in this country.

Be aware that finishing this 30 day course will not result in a certificate of 'official allyship'. Until white supremacy is completely dismantled there will be continued work to do. This is just the start.

I hope that through my course your heart and mind will unlearn, expand, grapple, dissect, engage, and build a critical awareness that will change the way you move through the world as an ally.

**DAY ONE: THE ROAD AHEAD**

**DAY TWO: GET OVER YOURSELF**

**DAY THREE: NEVER FORGET**

**DAY FOUR: WHAT LIES BENEATH**

**DAY FIVE: EXAMINING PRIVILEGE**

**DAY SIX: CLEAN HOUSE**

**DAY SEVEN: COMING TO TERMS**

**DAY EIGHT: SYSTEMATIC RACISM**

**DAY NINE: MEDICAL RACISM**

**DAY TEN: HOUSING RACISM**